

# Summer Teen Yoga

Mondays and Wednesdays throughout August  
With Jennifer Driscoll

Teen Yoga will consist of a twice-weekly summer session (Mondays and Wednesdays during August) for children ages 13-19. Teens will be taught the basics of yoga in an age-appropriate manner, and will benefit by increasing self-esteem, strength, flexibility, balance, coordination and concentration, while also learning techniques to help them focus and relax.

## Scheduling:

Teen Yoga will run on Mondays and Wednesdays in August from 4:00-5:15 starting on August 4th.

## Fees:

Pre-registration will be required for the session, with a minimum of 5 students. Students will pay the standard student rate of \$120 for the session (\$15 per class), which is consistent with the current student rate. Families with more than one child attending the session or who refer a friend who attends the session will receive a 5% discount.

Class fees will be refunded for students who cancel the session seven days or more prior to the start day. There will be no refunds after that. There are no refunds for missed classes. You can register on line through our secure Paypal link at [www.acarayoga.com](http://www.acarayoga.com) or send a check to:

Acara Yoga Studio  
11 Main Street  
Southborough, MA 01772

