



# Yoga and Mindfulness: Girls Empowerment Circle

Who: Girls ages 9-12

When: Saturdays, September 23 - October 28

\*no class on October 7th

Time: 11:00am - 12:00pm

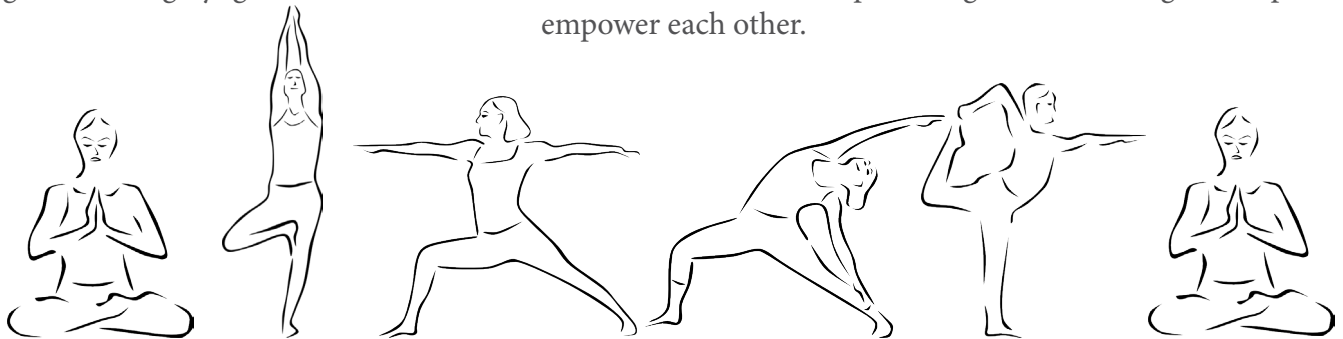
Cost: \$65

Location: My Happy Place studio, Kelligrews

Deadline to Register: September 22

Today’s children face tremendous pressure to achieve in a world that is often overwhelming. Starting yoga early can help not only build strength and flexibility, it can also promote a better self image, leading to stronger self-confidence. Yoga and mindfulness also offer proven methods of developing the inner resilience needed to navigate physical, mental and emotional stress.

This 5 week program will teach techniques for coping with the unique issues young girls face every day, including insecurity about their changing bodies, the pressure to fit in, and stressful schedules. Together through yoga, art, and circle activities, we will create a safe space for girls to come together, uplift and empower each other.



**Connect**  
Mindfulness practices to connect with yourself, the group, and the world around you

**Breathe**  
Harness the power of your breath to manage your emotions and energy

**Empower**  
Use your words and actions to uplift and encourage yourself and others

**Move**  
Improve physical health, increase confidence, and improve brain functioning

**Focus**  
Increase your capacity to pay attention, and focus on the task at hand

**Relax**  
Restore alertness, manage over stimulation, and improve sleep

*“To empower a little girl is to empower the woman she will become”  
~ Diane Von Furstenberg*

For more information or to register your child:  
visit [www.santiyoga.net](http://www.santiyoga.net) or email [jennifer@santiyoga.net](mailto:jennifer@santiyoga.net)