



# Yoga and Mindfulness for Girls

Fall 2024, 9 sessions, \$144  
Sept. 27 - Nov. 22, FRIDAYS  
Elementary School Age : 2:00 - 3:00 PM  
Middle School Age: 3:15 - 4:15 PM  
At 3311 NW Polk Ave, (Quaker Friends Meetinghouse)  
Questions are welcome!



This class is a blend of yoga and mindfulness with a focus on social and emotional issues that effect children who identify as girls. Likely topics are self-esteem, goals for healthy living, strength, self care, and friendship.

Tracy Erwin is a certified youth yoga instructor who works with young people in public schools and private studios. She lives in Corvallis with her spouse, teenager and two yoga kitties.



**For more information or to register, contact:  
[yogagardenoregon@gmail.com](mailto:yogagardenoregon@gmail.com)**