



yoga for teens

Youth group



**SUPPORTIVE YOGA GROUP DESIGNED TO EXPLORE SELF-CARE AND
EMOTIONAL WELLBEING. LEARN PRACTICAL TOOLS TO MANAGE STRESS,
BUILD CONFIDENCE, AND FEEL MORE CONNECTED, SEEN AND ACCEPTED.**

WHEN? Mondays from January 26th- March 16th from 6:00 - 7:00 PM

WHERE? OPC Office (36 Washington St. Toms River, NJ 08753)

WHO CAN JOIN? open to all teens in Ocean County - no experience necessary

QUESTIONS? contact Kate Dorando (lead facilitator): kdorando@oceanpartnership.org

FREE to all attendees! Supplies will be provided at no cost.

RESERVE YOUR SPOT NOW! SCAN THE QR CODE BELOW TO REGISTER:

