



strengthen • inspire • mindfulness

Spice Yoga—For Teens

Cindi Scrimgeour - RYT200



Six Week Session 3:45-4:45PM, April 6,13, 20th May 4, 11, 18th

Bringing together Mindfulness, Yoga Asanas, & NeuroScience to empower and strengthen both mind and body.

\$70 For Six-Weeks or \$14 per individual class

MilfordYogaStudio.com or call to Register

211 Main St. Milford, MA, (across from Johnny Jack's) @Community Impact

(508) 284 1368