

# Spice Yoga—For Teens



Cindi Scrimgeour - RYT200

strengthen • inspire • mindfulness



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

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](http://MilfordYogaStudio.com) or call to Register

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

(508) 284 1368