

**HIGH
School
Summer
Program**

Ages 14-18



A Youth Yoga Program Taught by Stefanie Gross
Certified Yoga Instructor and Move Through Yoga Founder



In the High School program, students will learn to **safely move** through more challenging yoga sequences, as well as **delve deeper** into lessons themed around age appropriate topics. Students will learn how to minimize and cope with stress **mindfully**, as well as gain a greater awareness into **mind-body health**.

**Thursdays
Yoga Pod DW
May 31 - July 26
1:30-2:45**

**\$120 for
entire program
\$20 drop in**



movethroughyoga.org/ypdw 720.619.0933

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