

MÖXIE™

pilates and yoga



YOGA FOR TWEENS

Balancing friendships, family life, academics, and after-school activities, can be challenging and overwhelming. Feeling in control is not easy, but it begins with loving yourself and making the choices that are right for you. Taking time each week to bring our focus inward is the goal of this series. We will practice pranayama (breathing techniques), asana (physical yoga practice), as well as guided meditation. Young yogis will also enjoy calming music, restorative yoga poses, and a sense of community in a judgment-free, sacred space. During our hour together we will escape from the fast-paced speed of our daily lives and make Monday evening a peaceful beginning to our week.

SIX WEEK SERIES

Date: Oct 6 – November 10

Day/Time: Monday, 6:00 – 7:00

Instructor: Marykate

Cost: \$90/series | \$20 drop-in

For more information call 908.264.7146 or email us at info@moxiepilatesandyoga.com

To sign up online, go to our website: www.moxiepilatesandyoga.com, click on schedule and then the series and workshops tab.