



TEEN (AND TWEEN) YOGA

A Free Workshop

Sunday, December 13th – 3pm to 3:45pm
Artemis Yoga, 639 Mt. Auburn Street, Watertown, MA

Workshop is free but please register at www.artemisyoga.com so save a spot for you.

Have you heard about yoga and mindfulness for youth but don't know what it is all about?

This workshop will introduce you to our Yoga for Teens/Tweens program.

In this short session you will learn:

- Ways to think positively and build confidence
- Poses to strengthen your body and build flexibility
- Strategies to use your breath and the mind to calm nerves
- Ways that the mind works to help you manage emotions and your busy schedule

Yoga for Teen/Tweens at Artemis Yoga will help you to safely test your agility and strength while becoming more flexible and toned. We will also learn to use our breath and mindfulness techniques to steady the mind. This can be helpful before a big event or important occasion that might make you nervous. You will work together with partners as well as by yourself and you will relax in poses with props.

No prior yoga experience is needed. Yoga is for everybody, no particular fitness level is necessary. Get ready to feel fit, relaxed, to meet new people and to have fun! *Most suitable for ages 10/11 to 15*

About the instructor:

JoAnne Kazis - JoAnne is an elementary school teacher in Newton, MA and a Yoga Alliance registered teacher at the RYT-200 level and received her certification through YogaWorks. JoAnne Kazis, walked into her first yoga class at a gym over 15 years ago. It took her a month to work up the courage to do so, since no one in the class looked like her and she had a preconceived idea of what a person who practices yoga looks like. After that first class she was hooked. She turned to yoga to strengthen her body and calm her mind and has come to appreciate the physical and emotional rewards that come with a yoga practice both on and off the mat.

JoAnne is incredibly grateful to have studied under the instruction of Natasha Rizopoulos. She has also completed 95 hours of additional training for all levels of kids' yoga (baby & toddler, kids, tween/teen) through ChildLight Yoga. As an elementary school teacher, JoAnne currently integrates yoga & mindfulness into her classroom because she has seen the positive effect it has on her students. Yoga has been a gift in her life and she wants to share it with yogis of all ages!