

# TEEN (GRADE 9-12) YOGA YOGA CLASS SERIES

Fridays – 3:30pm to 4:30pm

January 22nd – March 4<sup>th</sup> - Six Week Series

**FREE PREVIEW CLASS – FRIDAY, JAN 22<sup>ND</sup>**

*Registration requested.*

TEENS, want a great way to start your weekend? Come to Friday afternoon yoga at the new Artemis Yoga in East Watertown- it's a great place to finish the school week!

In this class you will learn how to:

- Build strength of body and mind in a supportive, fun environment.
- Apply healthy techniques to relax and calm the mind which helps to manage the daily pressures and challenges of busy lives
- Safely test your agility and strength while becoming more flexible and toned.

Led by instructor Amy Hrobak, you will work together as well as by yourself and you will unwind in poses with props. Class will end with a relaxation period that will leave you feeling rejuvenated and refreshed. Yoga is for everybody, no particular fitness level or experience level is necessary.

- **Classes held at Artemis Yoga, 639 Mt. Auburn Street, Watertown, MA**
- **Six Week Series - \$66.00**
- **Drop-In Rate - \$15.00 per class**
- **No class Friday, February 19<sup>th</sup>**



#### About Amy:

Amy Hrobak is a licensed social worker in the Cambridge Public Schools and is a Yoga Alliance registered teacher at the RYT-200 level and at the RCYT-100 level. Since 2010, Amy has immersed herself in both the physical and soulful benefits of the practice. Profoundly beneficial and complimentary to her yoga teaching is Amy's professional experience as a social worker for children and families which lays the foundation for her highly sensitive and compassionate approach. Since 2002 she has worked with hundreds of children, teens and families. Additionally, Amy played competitive soccer at Saint Anselm and with Eastern Massachusetts Womens' Soccer League and has coached elementary and middle-school teams. Amy completed her training with Chanel Luck and Bonnie Argo of Radiant Yoga Boston, KidPowerment 100-hour Childrens' Yoga Training, Circus Yoga and Soulful Yoga Therapy. Amy believes that yoga and mindfulness can support every student to find peace, safety, and calm within themselves. In Amy's classes, students learn and grow through teamwork, mindfulness, focus, confidence building and body awareness while building strength and flexibility in their bodies.

# TWEEN AND EARLY TEEN (GRADE 5-8) YOGA CLASS SERIES

Sundays – 4:00 pm to 4:45pm

January 24<sup>th</sup> – March 6<sup>th</sup> - Six Week Series

**FREE PREVIEW CLASS – SUNDAY, JAN 24<sup>TH</sup>**

*Registration requested.*

Have you heard about yoga and mindfulness for youth but don't know what it is all about? Come relax on Sunday afternoon in the new Artemis Yoga in East Watertown and 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

Led by instructor, JoAnne Kazis, this class 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 and 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.

- Classes held at Artemis Yoga, 639 Mt. Auburn Street, Watertown, MA
- Six Week Series - \$66.00
- Drop-In Rate - \$15.00 per class
- No class on Sunday, Feb 14<sup>th</sup>

About JoAnne:



JoAnne Kazis 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!