

Ongoing Series

Eight Week Series

Yoga Club for Ages 12-14

With Tammy Spiewak

Wednesdays 5:00 - 6:00 pm

September 11 - October 30

Investment: \$200.00

We know how hard it is to be a teen. Satsang is committed to creating a safe space for young people to connect, explore, and create. We offer tools not only to help cope but to inspire and thrive in this current world.

Students will explore the different modalities that encourage calm, focus, motivation and presence throughout the series. We practice asana (postures) for strength and flexibility. Learn breathing techniques for relaxing and energizing our bodies. Experience somatic exercises to connect with our feelings and sensations, and create art to express creativity.

Yoga Club is student focused and each session will be unique to the participants.

Due to our close proximity to Mindwaskin Park—weather permitting—we plan on adding sensory walks for mindfulness. Other sessions include: relaxing Yoga Nidra, planting the seed to personal meditation practices, and more.

We are excited to offer Yoga Club to 12 to 14 year olds through Satsang. Tammy's background in yoga, mindfulness, coaching, teaching and somatic healing work is the perfect fit.



Sign-up at www.satsangyogastudio.com

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