

Yoga Therapy For Teens

Reduce Stress, Release Tension, Improve Flexibility,
Increase Focus And Concentration (all ages 13-18)

Presented by Certified Yoga Therapist Tracy Flynn (C-IAYT)



**4-Week Series On Mondays: September 16 – October 7
5:15PM – 6:15PM**

\$120 per person (includes all 4 weeks, pre-registration required)

There are so many excellent tools from the Yoga tradition to reduce stress and tension and improve focus for back-to school and in all aspects of daily life. When we are more calm we live with more ease and joy. We can also learn better and play sports more effectively. In this workshop we will use Yoga postures, breathing techniques, relaxation techniques and sound practices.

As a Yoga Therapist, Tracy helps people manage their stress and reduce the frequency and symptoms of their anxiety. She also helps people improve wellness by reducing structural imbalances and managing chronic illnesses. She provides individual Yoga Therapy sessions at UpDog Yoga and has been the Yoga Therapist on staff at Doctors for Kids in Rochester Hills since 2015.

Classes meet weekly on Mondays 5:15-6:15PM for 4 weeks: 9/16, 9/23, 9/30, 10/7

Pre-register: <https://www.updogyoga.com/workshops/rochester-workshops>



Tracy holds the highest certifications as a Yoga instructor and Internationally Certified Yoga Therapist (ERYT 500, C-IAYT). In addition to practicing individual Yoga Therapy at UpDog, she was on staff at the Institute of Neuromuscular Medicine for 3 years.



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