

# Empowering Yoga for Young Women!

Tuesdays @ Recovery Café 4-6 PM

May 24<sup>th</sup>-Aug 30<sup>th</sup>

Liz leads an hour-long flow class for women and girls aged 13-24 focusing on building strength, cultivating body awareness and developing emotional regulation through traditional yoga postures and intuitive movement.

Classes are engaging, collaborative and fun!

After class, students have the option to enjoy an extended rest or connect with each other “off the mat” and join for tea, healthy snacks, and time to chat!



Email [elizabethu@dovehousejc.org](mailto:elizabethu@dovehousejc.org) with questions or to sign up!



*Classes are all levels – no yoga experience is required.*

*New students always welcome- no need to attend all classes.*

*Please arrive 10 min early to settle in.*