



LESLIE HANKS'
YOGA UNLIMITED
"HATHA YOGA IN THE KRIYA TRADITION"



Teen & Pre-Teen Yoga Trio

With Leslie Hanks' Yoga Unlimited

Teens have a lot on their minds, and that's stressful. Practicing yoga helps create a mind-body connection. This connection improves body image and posture while reducing stress.

Our classical yoga has a focus on having fun and being in the moment. Each series has a different focus on building a successful yoga practice. Teens can opt into one series or a whole set. You may also start any series during the set of three. Students can earn credits towards a Junior Yoga Teacher Certificate.

A changing room is available.
We provide all the mats, blankets, and pillows.
Call to reserve a spot, class sizes are limited.

Saturdays 10:00 – 11:00 AM
Fees: \$45/Series; \$120/Trio

SERIES I: Yoga For Flexibility
Sept 15, 22, 29

SERIES II: Yoga For Flexibility & Strength
Oct 13, 20, 27

SERIES III: Yoga For Flexibility, Strength & Focus
Nov 10, 17, 24



Leslie Hanks' Yoga Unlimited 850-385-6904 www.leslieyoga.com

Offering Yoga Instruction
in Tallahassee, Florida Since 1989