

# Hummingbird TEEN YOGA

Loosen Up - Feel Good - Be Happy



Classic Hatha Yoga  
Strength - Flexibility – Balance

**Drop In To**  
**The Breathing Room**  
**Mondays 5:15 to 6:15 pm**  
(Side by Side with Adult Yoga 1)

## TEEN YOGA PROGRAM DESCRIPTION

Yoga Asana's  
Positive Self-Affirmations  
Right-Left Brain Balancing  
Pranayama / Breathing  
Creative Visualization  
Deep Relaxation

Both Sanskrit and English names are used for the asana's /poses.  
Each pose has a counter-pose to insure balanced stretching.  
Each class is designed to revitalize the body, while relaxing the person  
within.  
Makes you feel calm and centered inside a stronger, more comfortable  
body.

**Bring A Friend & Get In Shape For Spring!**

**Begins Monday, February 7, 2011**

**For Information/Registration: [Luellen@luellenburton.com](mailto:Luellen@luellenburton.com)**

**[www.LuEllenBurton.com](http://www.LuEllenBurton.com)**

**Hummingbird Yoga**

