



# Yoga for Children, Pre-Teens & Teens

MINDFULNESS, MOVEMENT AND BREATHE

It Takes A Village Wellness  
301 E Main St., Port Jefferson Village  
[ItTakesAVillageWellness.com](http://ItTakesAVillageWellness.com)

PRIVATE, SEMI-PRIVATE & FAMILIES  
GROUP CLASSES

BIRTHDAY PARTIES & SPECIAL EVENTS



In a world where we see our children & teens are experiencing exponential increases in bullying, depression, anxiety, obesity, chronic illness, hyper connectivity, and stress MINDFULNESS, MOVEMENT & BREATH skills and tools are essential for the health and well-being of our youth.

SOME BENEFITS INCLUDE:

CULTIVATE CREATIVITY

ENHANCE SELF-ESTEEM & SELF-REGULATION

FOSTER CONCENTRATION & FOCUS

REDUCE STRESS & ANXIETY



Group Classes: \$20 per class, \$64 for 4 classes

Privates/Semi-Privates: \$125 for one session,  
\$380 for 4 Sessions

All Classes and Private Sessions are 45 minutes.



CALL

DIANE AND KATIE

at 631-403-4847

TODAY!



Ages 10 yrs and under:

Sun 12:30 pm & Mon 4:45 pm

Ages 11 yrs and older:

Mon 5:45 pm