



SUMMER TEEN yOGA

\$15 DROP-IN CLASS



**FRIDAY AUGUST 15TH
9:30–11:00 A.M.**



**BUILD STRENGTH, BREATHE, AND BOOST YOUR MOOD
IN THIS YOGA FLOW INTENSIVE W/MS LINDSAY.**

REGISTER @ [SPOTLIGHTDANCE.COM](https://spotlightdance.com)

***A VINYASA FLOW FOLLOWED BY RESTORATIVE STRETCH
*MINDFULNESS TIPS TO HANDLE STRESS & STAY FOCUSED**

***CLASS IS FOR AGES 12 AND UP**

