



and



Free!

March 31, 2019

10am-1pm

Open to All!

Art and Yoga for Teens

A day of play, empowerment and connection

Come together for this unique day.

Connect and interact with other teens through play, laughter, yoga and creative expression. You will learn some empowering and playful Kundalini Yoga.

Absolutely no art or yoga experiences necessary to participate.

Facilitator:

Sherri Snyder-Roche is a licensed psychotherapist, certified Kundalini Yoga Teacher and artist. She brings fun and a playful spirit to every workshop! She has worked with kids and teens for 30 years and knows how much stress teens experience these days. This workshop is filled with non-stress activities!

www.ArtInspiredbyStillness.com

RSVP by March 29 to:

Talia Mugg, Teen Director x 245 or tmugg@worcesterjcc.org