

# YOGA

## FOR STRESS REDUCTION

CLASSES FOR GIRLS AGES 12-18

**Thursdays: 6:00-7:15 PM**  
(AT LEXINGTON PEDIATRICS)

## Upcoming classes for 2010

**Six Evening Meetings:**

**Class # 1: Jan 7, 14, 21, 28 and Feb 4, 11**

**Class # 2: Feb 25 and Mar 4, 11, 25 and Apr 1, 8**

**Class # 3: Apr 29 and May 6, 13, 20, 27 and June 3**

**The goal of this course is to teach yoga poses that will be helpful for relaxation, physical strengthening, concentration, and general well being. The course is taught by Sally McAlpin, a certified yoga instructor with over 25 years of experience. Each of the 6 classes will build upon the previous class; therefore a commitment to attend all 6 classes is important**

**Registration: Please complete the form below and return to Lexington Pediatrics with a check for \$75, (attn: Dr. Wornham)**

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**Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone (home):** \_\_\_\_\_ **Emergency/Cell:** \_\_\_\_\_

**Medical Conditions, chronic illness, concerns:** \_\_\_\_\_

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