

YOGA

FOR STRESS REDUCTION

CLASSES FOR GIRLS AGES 12-18

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

Classes for Winter 2012

Six Evening Meetings:

Jan. 12, 19, 26 and Feb. 2, 9, 16

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: _____

