



# Navigate Adolescence Presents 2020 MIDDLE SCHOOL YOGA SERIES

Saturdays from 7:30 to 9:00 PM

## Navigate Zen With Pathways Yoga For 7th and 8th Graders

Pathways Yoga is an evening workshop that provides seventh and eighth graders a way to positively cope with stress, gain physical strength, and focus on personal growth via themed discussions following each hour-long yoga session. No previous yoga experience is necessary.



Join us for one session or the entire 2020 series:

January 25 — Setting Intentions

February 22 — Self Love

March 14 — Gratitude

April 18 — Personal Growth

May 16 — Loving Kindness



Navigate Adolescence is a nonprofit organization devoted to providing kids and their parents the tools needed to navigate adolescence with confidence, resilience, and kindness.

[navigateadolescence.org](http://navigateadolescence.org)  
[info@navigateadolescence.org](mailto:info@navigateadolescence.org)

Our programs are inclusive and welcoming to all.

Registration:  
[CLICK HERE TO REGISTER](#)  
Scholarships are available for all  
Navigate Programs

Location:  
Yoga space generously donated by:  
Yoga Among Friends  
4949 Forest Avenue, DG