

Navigate Adolescence Presents

# THE 2023 PATHWAYS YOGA SERIES



## Pathways Yoga Series For 6th, 7th, and 8th Graders

Yoga is a fun and engaging tool to build self-awareness, promote inner and outer strength and flexibility, and experience more mindful, calm living.

This themed series was designed to help young people learn how to positively influence our physical, mental, and emotional well-being. Session themes will feature handling stress, developing gratitude, as well as building confidence and compassion.

This unique format will include yoga and breathing practices, as well as time for learning and reflection in a non-competitive, supportive environment.

**January – May Dates and Times TBA**

Stay tuned to [navigateadolescence.org](https://navigateadolescence.org) for more info

Scholarships are available for all Navigate Programs  
For more information email us at: [info@navigateadolescence.org](mailto:info@navigateadolescence.org)



**Join us for the sessions:**

January — Intention Setting

February — Self Love

March — Gratitude

April — Personal Growth

May — Outreach



Navigate Adolescence is a nonprofit organization devoted to supporting the social and emotional well-being of young people and their families.

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**Our programs are inclusive and welcoming to all**

