

Navigate Adolescence Presents

# THE 2022 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.



Join us for the sessions:

February 14 — Self Love

March 21 — Gratitude

April 11 — Personal Growth

May 2 — Outreach

**Mondays from 7:30 to 8:30 p.m. on Zoom**  
**Cost for the Series: \$25**

[CLICK HERE TO REGISTER](#)

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



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

[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](#)

Location:  
Livestream on Zoom