

Navigate Adolescence Presents

# THE 2021 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 all-new seven-week themed series was designed by local yoga instructors to explore how we can positively influence our physical, mental, and emotional energy systems. Each session builds on the prior session with themes that include handling stress and emotions, building confidence and compassion, and revealing our authentic self.

This unique format will include time for learning and reflection in a non-competitive, supportive environment, with session resources including a reflection sheet and instructions for an at-home practice.

**Thursdays from 7 to 8 p.m. on Zoom**

**Cost for the Series: \$50**

Scholarships are available for all Navigate Programs



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.



**Join us for the seven-week series:**

January 28 — I Am

February 11 — I Feel

February 25 — I Can

March 11 — I Love

March 25 — I Speak

April 8 — I See

April 22 — I Know

**Registration:**

[CLICK HERE TO REGISTER](#)

Registration closes 1/27/21

**Location:**

**Livestream on Zoom**

This series will be hosted at Yoga Among Friends.  
We are grateful for the use of their studio.

For a complete line-up of  
Yoga Among Friends classes,  
visit their website at  
[yogaamongfriends.com](http://yogaamongfriends.com)

