

# Yoga for Teens - ages 13-17

with Rachel Chase ~ Spring 2012

Holistic Wellness Center ~ Medfield, MA

*Dates, times, details below*



A peaceful and empowering experience:

All levels welcome

**Great for teens experiencing:**

*exam anxiety, feeling overwhelmed, everyday stress*

Or just wanting a fun new experience!



*First trial class during February break:*

**Thurs. Feb. 23<sup>rd</sup> @ 2pm**

cost: \$5 donation to the Wellness Center



**The following Saturdays @ 10:30am;**

**March 3<sup>rd</sup>, 17<sup>th</sup>, & 31<sup>st</sup>, and April 24<sup>th</sup>**

**Cost: \$48** for this 4-class session

(runs 8 weeks, every other weekend between Feb. break and Spring Break)

**Limit – 10 students**

(must have parent/guardian permission – signed waiver of consent)

please sign up at Holistic Wellness Center

67 West St. Medfield, MA 02052 (508) 359-7400

[www.holisticwellnesscenter.net](http://www.holisticwellnesscenter.net)



Rachel Chase, is a dancer, artist, yogi, and energy healer. Her work with adults, seniors, children, mixed abilities dancers, and on her personal healing journey through yoga, meditation, reiki, and sound healing has provided her with a rich background and love of expressive and healing arts. She has been practicing yoga since she was 15 year old. She has been teaching dance and art for over 15 years, and yoga for 7 years. She is passionately devoted to spiritual growth and supporting others through inspiration, creativity, and yoga. Rachel has a Bachelors degree in Fine Art/Studio Art, is a 200-hr certified Yoga Teacher and Reiki Master.