



TEEN YOGA SERIES with Mary



REMEMBER

Basic Yoga & Guided Relaxation Class with Sari runs at the same time on Tuesday. Treat yourself to the gift of yoga while your child takes a class with Mary. Parents, if you haven't practiced at the Bindu, your first class is free! Just visit our website and print off the first free class pass under the 'Classes' tab.

TEEN SERIES COSTS

13 weeks- \$104
10 weeks - \$90
Drop in - \$10
Minimum of 6 registered with
10 class passes to hold series.

SEPTEMBER 21 - DECEMBER 14
13 WEEK SERIES
TUESDAYS: 6:30-8P

We know all of our BINDU TEENS love their yoga...

Allow the postures, breath work, and relaxation to support you and your teen in dealing effectively with the natural stresses of school, sports, friends and families! Our teens are really getting in to becoming stronger, more flexible, and better able to balance - all good things for life-long health and well-being.

Visit <http://bit.ly/9AQ45c> to register.

REGISTER: DEADLINE FOR REGISTRATION IS SEPTEMBER 20. NEED MINIMUM OF 6 STUDENTS TO BUY A 10 CLASS PASS TO HOLD SERIES. EITHER CALL THE BINDU (704-237-3635) OR VISIT (WWW.THEBINDU.COM).