



Mindful Mondays for Teens with Dena Vigilis

MONDAYS

March 11, 18, 25

April 1, 8, 15, 29

May 6, 13, 20

Time: 3:45-4:45p

Fee: \$250/10 sessions or \$30/drop in

Start the week off breathing and moving mindfully..... each class will be focused on revealing the breath's fullest potential and using that to create more space in the body through various poses. Through this body movement awareness, teens will feel more empowered coping with life's every day challenges.

Contact Dena Vigilis at 516-521-3539 or dvigilis@gmail.com
to register