

Yoga for Tweens and Teens



Between school, activities, and social events, tweens and teens have hectic schedules they are trying to balance, which leads to stress in their lives. This class is designed to help students learn how to destress in a natural, healthy way through breathing and stretching using yoga. Please bring your own yoga mat if you have one.

6 Sessions: Tuesday's from 7:00-7:45p.m.

March 28th to May 2nd

Cost: \$30

Kirkwood Jones County Regional Center

Register by calling 319-465-2302 or on-line www.kirkwood.edu/ce and search for the course by course name or ID# 88316. Instructor: Dietiker