

Teen Yoga



2:45 pm Tuesday and Thursday

All levels yoga class for high school students

Come right from school (mats available) and join in a fun afternoon flow! No experience necessary. Yoga can help teens improve strength, flexibility, balance, concentration, self-calming and provide immediate stress relief and is really fun!



26042 Pontiac Trail (11 mile)

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Foundation Wellness is a South Lyon based non-profit 501(c)3 providing the foundation and value of personal wellness by offering accessible movement, mindfulness, and nutrition programs.

*This is not a SLCS sponsored program