

DUNE FOLK YOGA AND WELLNESS

# TEENS YOGA RETREAT

The demands on teenagers can be numerous and unique. In this retreat style workshop we explore how asana (physical poses), pranayama (breath work), mindfulness, meditation and more can be used to create a yoga toolkit to navigate these exciting, inquisitive and at times challenging teenage years.

**APRIL 9TH, 3-4:30**  
**OCEAN GROVE**

For more info visit:  
[www.dunefolk.com.au/workshops](http://www.dunefolk.com.au/workshops)