

WHOLE CHILD

movement & mindfulness based stress reduction class



Tame Teen Stress

Live fully into life without being stressed and afraid! Rekindle your dreams. Become STRONG and FLEXIBLE - physically, mentally and emotionally.

Practice 4 effective stress reduction tools in each class so they become daily habits. Learn to be CALM and centered while moving about your daily activities. Increase RESILIENCE and inner strength.

Reframe Anxiety so stress becomes friend, not foe. Some stress is useful. Too much stress is debilitating. Become aware of your body's stress response and train your body's RELAXATION RESPONSE.

Questions? call 571 406 9336

Experience the JOY of flipping the switch on stress. You in charge of it rather than it controlling you.

*Taught by **Lisa Ling**; a certified health coach and 9x Canadian Karate Champion & **Bodhi Patil** a 9th grader at Wakefield!

What: Movement (Karate, Yoga) & Mindfulness class

When: Fridays, 6-7.30pm, Apr21-Jun23, 2017 (10 sessions) \$190 per person

Where: Dawson Terrace Community Center
Arlington, VA

Who: Teen to Adult (do this class with your kid!) Max. 25 participants

Register: <https://parks.arlingtonva.us/classes/> (class code: 340356)