



**NUTLEY FAMILY  
SERVICE BUREAU**

## ***Wellness and Yoga Workshop for Girls*** **(Age 13+)**

**Raising consciousness for teen (age 13+) girls' empowerment! This 4 week workshop focuses on self-esteem, body confidence, tools for navigating difficult relationships, and dealing with stress at school, at home and with peers. Classes revolve around themes that integrate mindfulness with physical, emotional and spiritual strength. Each class will start with an energizing and centering yoga flow, followed by a mindfulness meditation and a dynamic group discussion.**



**Register today by calling NFSB at 973-667-1884. This workshop is an extension of the NFSB Teen Leadership Workshop for Girls. No experience needed. Workshop lead by Danielle Diamond, E-RYT 1000, founder of Xen Strength Yoga in Montclair.**

**When:** Every Mondays, 6:00 pm to 7:15 pm, starting December 19<sup>th</sup> for 4 weeks

**Where:** NFSB Annex, 169 Chestnut Street, Nutley, NJ 07110

**How:** Please call with questions and to register at (973) 667-1884

**Cost:** \$50.00