



JYoga

JEWISH YOGA FOR TEENS



Join teens from all over the Pioneer Valley for a monthly opportunity to stretch your bodies and your spirituality!

Who: Open to any interested teen in grade 6 and above. No prior yoga, Hebrew, or Judaic experience or knowledge necessary.

Location: Inspirit Common, 123 Russell Street, Hadley

Dates: All sessions will be held on Tuesdays from 5-6:30pm

October 20th	February 9th
November 17th	March 23rd
December 15th	April 13th
January 12th	May 11th

Fee: \$36 for 8 sessions (less than \$5 a session!)
\$8 drop-in per individual session

Co-led by: Corinne Andrews, Embody© Yoga Instructor &
Avital Nathman, Master Educator

Registration: To pre-register, please complete and mail the JTOV Registration form with payment by **October 10th** to JTOV c/o JCA, 742 Main Street, Amherst, MA 01002. Email jtovteens@gmail.com or call 256-0160 x208 for more information.



...IT'S ALL GOOD.

This program is largely funded by the Harold Grinspoon Foundation Teen Initiative and sponsored by JTOV: A Collective of Upper Valley Synagogues.