

# STRESS MANAGEMENT

**for teens**  
a six week series



**This workshop is for teens looking to:**

- learn to manage time
- cope with anxiety
- get to know yourself physically & mentally
- improve physical strength and health
- improve overall quality of life
- create healthy patterns for now and future
- connect with like-minded people
- learn to be your own support system

**Wednesday, April 5 - May 10**  
**6 - 7:30 pm**

**Registration:**  
**All Six Weeks \$60 or \$12 Drop-In**  
Recordings only \$48

This workshop will incorporate asana (physical practice) as well as breathing techniques and meditation.  
Please bring a yoga mat, a journal or notebook and something to write with.



SCHOOL OF YOGA & AYURVEDA

# About Your Teacher:

## Elle Anders (Leela Anouka), RYT 500



When Elle walked into Rasa Yoga in 2005, she realized she had come home. Her students have awakened her awareness of the beautiful patterns and connections between her work as an artist, singer and yogini. Elle believes that Yoga is a key component to finding personal peace, understanding and living your most excellent quality of life. She wishes to thank her mentor, Padmasri Durga and her teacher, Padma Shakti, for their continued love and support. In 2016 Elle completed her RYT 500 certification and continues to train at Rasa Yoga.

In addition to teaching yoga, Elle teaches high school educators for over 13 years, Elle has seen the demands teens face grow and increase over the years. By imparting what she has learned through the philosophy, physical practice and psychology of Yoga, she hopes to share with today's youth how to create a canvas for an incredible future.

"The world speaks to me in colors, my soul answers in music." ~ Rabindranath Tagore

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### Stress Management for Teens 6 Weeks Series

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number(s): \_\_\_\_\_ Email: \_\_\_\_\_

Known Health Conditions: \_\_\_\_\_

#### Refund Policy

No refunds or transfers will be issued on class tuition, workshops, upper level programs, private yoga lessons, sound healing sessions or chiropractic. Retail: Rasa Yoga will issue a store credit on unused and unopened items purchased within 14 days. No refund or credit will be given on books.

#### Disclaimer

Yoga is a system of healthy exercises designed to support optimum health. The approaches described and taught in this course are not offered as cures, prescriptions, diagnoses or a means of diagnosis to different conditions. The information must be viewed as an objective compilation of existing data and research. The instructors assume no responsibility in the correct or incorrect use of this information and no attempt should be made to use any of this information as a form of treatment without the approval and guidance of your doctor. I agree to hold harmless Visible Belief Education Foundation, Rasa Yoga School of Yoga and Ayurveda, and all of their subsidiaries, affiliates and teachers.

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