



Lotus River Studio and
Akihi Bubble Tea
Present



Yoga and Boba

for Middle Schoolers

This 4 week yoga series is designed to introduce middle schoolers to the benefits of yoga in a fun and engaging way. Each class will focus on different yoga poses and breathing techniques. In addition to the physical benefits, this series emphasizes mindfulness and stress reduction techniques that can be applied to everyday life. By the end of 4 weeks, students will have a solid foundation of basic yoga poses and mindfulness practices that they can continue to build upon.

At each class, students will be given a voucher for one free boba tea from Akihi Bubble Tea (max value \$10). At Lotus River Studio and Akihi Bubble Tea, we believe that this unique, fun, experience for middle school students in the community will provide them a fun and worthwhile after school activity.



Tuesdays at 3:30PM

May 9, 16, 23, and 30

Price \$120

(Includes 4 yoga classes and 4 bubble tea vouchers from Akihi Bubble Tea)

Classes at Lotus
River Studio
325 Main St.,
Metuchen

Register at
www.lotusriverstudio.com



*Spaces limited
Register today*

Boba at Akihi
Bubble Tea
403 Main St.,
Metuchen