



## Teen Therapy & Yoga Group

*Ready for a fresh start?*

*A Mood boost?*

*Join us ...*

*for a more positive & peaceful  
Mind, Body, and Soul in 2023!*



303 S. 32nd Street, Camp Hill

**Dates: 1/22, 1/29, 2/5, 2/12**

**Cost: \$200.00      Spaces are limited**

**Sign up: Call 717-579-7134 or email [info@peacefulposeskidsyoga.com](mailto:info@peacefulposeskidsyoga.com)**

**HIGH SCHOOL GIRLS  
SUNDAYS 5:00–6:15PM**



Illuminate is an integrated Mind Body wellness program designed for teens and tweens to improve self-awareness while building body confidence & healthy skills to effectively regulate emotions and body states of stress, anxiety, and depression along with positive social interaction in a therapeutic group setting. Sessions are led by Daina Thompson, MSW LCSW (Licensed Clinical Social Work/Psychotherapist) and Ann Fields E-RYT-200, RCYT. Classes will incorporate Cognitive Behavioral Therapy (CBT) skills, yoga, mindfulness, and breathwork/meditation combined with supportive group discussion. Empowering teens with skills and tools to help their inner lights shine brighter .... to illuminate.

