



## Teen Therapy and Yoga Program

*Location: Graystone Wellness 303 S. 32nd Street, Camp Hill*

**First Session: Tuesdays 9/27, 10/4, 10/11, 10/18**

**Second Session: 10/25, 11/1, 11/8, 11/15**

**Cost: \$240.00 per session    Spaces are limited**

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

**Middle School Girls  
Tuesdays 5:30-6:30**

**High School Girls  
Tuesdays 7:00-8:00**



Illuminate is an integrated mind-body wellness program designed for teens and tweens to build self-awareness, confidence, compassion and healthy coping skills for stress, anxiety, and depression while promoting 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, breathwork/meditation combined with supportive group discussion. Empowering teens with skills and tools to help their inner lights shine brighter .... to illuminate.



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717-579-7134

