

City of Laguna Niguel



Wellness Wednesday Workshop



**Wednesday,
March 18th**



Mindful Yoga

6:00 – 7:00 pm

**Crown Valley Community Center
29751 Crown Valley Parkway**

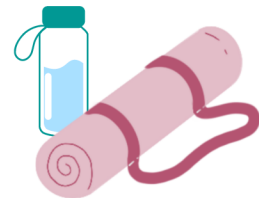
in partnership with the



Wellness &
Prevention Center



UPLIFT
YOUTH FOUNDATION



This workshop, led by an UPLIFT Youth Foundation certified mentor, will guide participants through a physical yoga practice, guided meditation, journal exercise, and have students engage in compassionate conversations with each other. Be sure to wear comfortable, school-appropriate attire that you can easily move in. Feel free to bring your own yoga mat and water.

This workshop is recommended for 7th to 12th graders (ages 12+). All attendees will need to bring a completed waiver to participate. You can earn one community service hour for attending.



Create a Helper Helper account to register for a workshop. Scan the QR Code to register. Once you have an account, you can sign up for individual workshops at <https://bit.ly/WellnessWorkshops25-26>.
Having trouble registering? You can also register at the workshop!

