

A photograph of a yoga class taking place outdoors on a grassy field. Several young women are sitting on mats, some holding yoga blocks. A geometric pattern of circles and lines is overlaid on the image. The text 'Candlelight Yoga' is written in a gold, cursive font.

Candlelight Yoga

BENEFIT FOR EMPOWERTEEN

FRIDAY, MAY 10TH, 2019 | 7:30 - 8:45PM

SUGGESTED DONATION: \$10 - \$15

OR DONATE GENTLY USED OR NEW YOGA SUPPLIES (yoga blankets, mats, blocks & straps)

Join the Pure 8 community as Kendall Parkin leads an all levels, non-heated, slow flow, Candlelight Yin and meditation class to benefit Empowerteen.

Empowerteen is a teen and tween wellness outreach program for girls and boys in Beaverton. It's mission is to empower them with tools for better mental, emotional, physical, and social health, using lessons to increase self-esteem and nutritional habits, create healthy relationships and manage stress, love themselves and live with gratitude/kindness, and activities such as yoga, hiking, dancing and meditation.

Empowerteen has summer retreats coming up and is in need of supplies for yoga and pilates, as well as sponsorship aid for those who cannot afford to attend.

More information can be found at: www.empowerteen.org



4021 SW 117th Avenue | Beaverton, OR 97005
503.352.4349 | hello@pure8hotyogastudio.com