

## A Word about Teens' Spirit Programs

“Is a great recipe for growing an Enlightened Community”

Opens and Explore Consciousness through

Kundalini Yoga, Conscious Film Series & Artistic Explorations.

By caring & honoring future generations, we grow beyond our limited understanding.

Knowledge is ever evolving and must enable us to keep our minds flexible

Growth or Evolution is the embodiment of a great truth: Change is the only constant!

This program supports Teen's Physical, Emotional, Social & Spiritual Health.

It is Highly Motivational, Inspirational & a Consciousness Raising Experience especially designed for teenagers through their developmental stages & entry into adulthood

It offers a healthy Circle to grow in & from safely into Tomorrow's Life Honoring Humans.

These Classes;

“Blossoming into Conscious Womanhood” & “Up Your Vibes into Conscious Manhood”

Are open to all High Schoolers & are Taught in Ukiah, Coastal Mendocino & Lake County

Format of Classes enable local & non-locals to join in through the on-line program,

On-Line program also enables Teens going off to college or into the world to keep a healthy support through this ‘Inspirational Life Line’ while surfing major Life Changes

To keep Deep Life Connection & Service their Practice

Teens are brought together as a powerful creative force

To design & contribute to their Yearly Fundraiser.

This enables financial help to those in need for the

Teen Spirit Yearly Retreat.

