

# SKY SCHOOL'S TEENS CLUB

CREATE

LEAD

UNWIND

BREATHE



Learn to manage stress and emotions, increase creativity, improve focus and memory, boost self-confidence, become a better leader and communicator, sleep better and improve immunity.

SKY Schools Club Includes:

- Yoga Meditation & Breath work for calm, focus and relaxation
- Fun interactive games
- Techniques to manage your mind & emotions
- Leadership, communication, and relationship skills

Safe Online Programming to Relax,  
Have Fun and Be Brilliant!

Wednesdays & Thursdays

4:00 - 4:45, 5:30 - 6:15

Join by Zoom at <http://tiny.cc/pusdskyclub>

Once you have registered you can drop in to any session

Each session has 24 spots

For more information, please contact  
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To learn more visit- [skyschools.org](http://skyschools.org)

