

Workshops for Teens Ages 14-16

**So many pressures and people
to please, so little time to know
and become yourself**

Stop, slow down, find time to dream

Notice, observe, pause, reflect

**What would it be like to slow down
and learn to listen to yourself?**

*Find your inner voice amidst the voices
of parents, teachers and peers*

*Develop the capacity
to stay calm in the face of
confusion and anxiety*

New Workshops Starting Soon
Call or email for more information

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