

# TEENSPACE AND PARENTS TOO!

January 31, 2009



**Become:**  
Aware  
Confident  
Relaxed  
Empowered

**Retreat & Connect:**  
...with yourself...your life...the planet.

**TeenSpace will change your life! A Day long Retreat in beautiful Sedona, Arizona for Teens; come alone, or with your friends and invite your parents to the same event just for them!**

The TeenSpace self discovery retreat is the perfect opportunity for teens and their parents to explore how to live their lives with self-awareness, self-care, wisdom and presence. This day long retreat will show teens the tools it takes to learn how to relax, make better choices, speak their truth, and be comfortable just 'being' rather than 'doing'.

TeenSpace retreats are a 'don't miss' for any teen interested in experiencing meditation and mindfulness practices, an inspired yoga class, heartfelt communication, wonderful mentors, a safe community, and a time to reflect on the mysteries and truths of our lives.

"This retreat is a time for teens and their parents to share a day where they'll discover their own thoughts, their desires and their dreams. They'll learn to listen to themselves and discover techniques for relaxation, and be introduced to yoga and meditation too," explains Debra Beck, a presenter and author of the book for teens, *My Feet Aren't Ugly, A girl's guide to loving herself from the inside out*.

Maura Mark, a certified yoga teacher and yoga therapist, assures teens and parents that "with yoga, they can improve their posture, become more flexible, get really relaxed, and do all this as they listen to great music."

This retreat is for any teen and parent that is ready to look deep inside themselves and open up to new ways of being present with each other. It doesn't matter what your race, religion, sexual orientation, past experiences, or future plans are: **if you are open to self discovery and learning new things, TeenSpace is for you.**

"All of us that work with the teens are completely passionate about helping young people learn to take care of themselves and make better choices for their lives," says one of the retreat facilitators and meditation instructor, Sarah McLean.

**Date:** January 31, 2009

**Time:** 8:30 am - 4:30 pm

**Cost:** Single \$ 119.00 - each additional family member \$ 79.00 (early registration rates)

**Registration:** <http://teenspacesedona.eventbrite.com>

**Information:** [www.myfeetarentugly.com](http://www.myfeetarentugly.com) [www.yogawithmaura.com](http://www.yogawithmaura.com) [www.meditateinsedona.com](http://www.meditateinsedona.com)

**Location:** Sedona Creative Life Center, Sedona, AZ [www.sedonacreativelife.com](http://www.sedonacreativelife.com)