Your Teen Doesn't Have to White-Knuckle Through Stress

A yoga class designed for real teen life — anxiety, pressure, racing thoughts and all.



ABOUT THE CLASS

TEEN YOGA FOR STRESS MANAGEMENT

Led by **Danielle Costa McCobb**, a licensed professional counselor and certified yoga instructor, this class is specifically designed for teens ages 13–18.

Each session weaves together mindfulness, breathwork, movement, and meditation to give your teen a real-world toolkit they can actually use — in class, before a game, or when anxiety spikes at 2am.

This isn't your average yoga class. It's approachable, judgment-free, and designed to meet teens exactly where they are.

MINDFULNESS | BREATHWORK | MOVEMENT | MEDITATION

YOUR INSTRUCTOR

DANIELLE COSTA MCCOBB

LICENSED PROFESSIONAL COUNSELOR · CERTIFIED YOGA INSTRUCTOR

Danielle brings a rare combination of clinical mental health training and yoga expertise to every class. She understands teen anxiety not just as a yoga teacher, but as a counselor who has worked with young people navigating real-world stress.

Her approach is warm, practical, and youth-forward — meeting teens where they are and giving them tools that travel with them beyond the studio.



Airs Above Yoga

Wednesdays at 7 p.m.
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