

SUMMER CAMP

August 13th-17th

Time: 10:00am - 12:00pm

Registration is currently open.
Space is limited to 10. Register today!

**Only
\$149**



Est. 1995



Benefits Include:

- ADHD Management
- Anxiety Relief
- Asthma Relief
- Anger Management
- Increased Test Scores
- Relieves Depression
- Increased Flexibility
- Better Confidence
- Better Grades



What people are saying:

"Thank you for creating 'Yoga 4 Kids'. If only this existed when I was young, perhaps I would not have suffered from anxiety all those years!" ~ Linda , age 24

"My favorite pose is Weeping Willow Tree. I like the stretching feeling and it helps me drop a bad thought." ~ Ben, age 8

"Warrior pose is my favorite."When I'm angry, I mean really, really, angry...I just pose like a Warrior & breathe. ~ Rose, age 12

NOTE: Classes are therapeutic. We teach our student's the benefits of yoga. Please log onto our website today to register and secure your child's mat.

www.kingwoodyoga.com

281- 441- 9642

