

# Summer Camp

## August 5 - 9, 2019

### Time: 10AM - 12PM



Est. 1995

**Pre-registration is required**  
**Space is limited .**  
**Only 10 student's per session.**  
**Only**  
**\$149**



#### Benefits Include:

- ADHD Management
- Anxiety Relief
- Asthma Relief
- Anger Management
- Increased Test Scores
- Relieves Depression
- Mindfulness
- 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](http://www.kingwoodyoga.com)**

**281- 441- 9642**

