

Spring Semester Thursday Time: 5:00 - 6:15PM



Est. 1995

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

Ages 6-14



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
281- 441- 9642**

