

Semester Begins Thursday-Aug. 30th

Time: 5:00-6:15PM

Pre-registration is required

Buy Now at:

<http://kingwoodyoga.com/Rates.htm>



Est. 1995



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

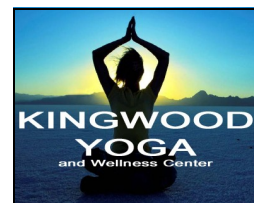
"My favorite pose is Weeping Willow Tree. I like the stretching feeling and it helps me drop a bad thought." ~ Ben, age 8

"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





Fall Semester 2018

August 30th-November 29th

Time: 5:00-6:15pm

RATES

This semester we offer 12 classes.

Each class requires 1 class card.

Example: Multiply the number of classes you want,
to get the number of class cards you will need.

12 class card \$192

6 class card \$120

Please Note: No Class September 6th

3626 Glenwood Springs Drive Kingwood, TX 77345 281-441-9642

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