

Spring Semester Commences Thursday

January 10, 2019

Time: 5:00 - 6:15PM

Pre-registration is required

Space is limited.

Only 10 student's per session.

Ages 8-12



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





Spring Semester: January 10 - April 4, 2019

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 \$192.00

10 class card \$180.00

8 class card \$160.00

5 class card \$110.00

Please Note: No Class March 14th (Spring Break.)

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