



Texas Yoga Center is privately owned by Barbara Morrison who is a native Houstonian and a Copperfield resident of 18 years.

She has been practicing yoga for 15 years and received her yoga certification through The Yoga Institute of Houston in 1999. Barbara is also an Ayurvedic practitioner and Reiki Master.

Barbara specializes in teaching those who have never done yoga before. Her soothing voice and detailed instructions allow your brain to take a break while your body and mind are restored.

People from 3 – 81 years old attend classes at Texas Yoga Center and have great fun learning how to stretch and strengthen their bodies, and how to quiet their chattering mind.

Regain your youthfulness and range of motion because doing yoga gives you flexibility in your hips and spine, which radiates throughout the body.

Usually the first benefit noticed is a good night's sleep. The restorative nature of a regular yoga practice has the power to resolve medical issues.

During each class we teach breathing exercises and meditating. This art of letting go helps reduce stress and quiet the mind. We offer ongoing wellness lectures as well as private consultations that encourage healthier eating habits and holistic alternatives to traditional Western medicine.

The biggest myths about yoga are – I'm too stiff – I can't sit on the floor – I can't get up and down – I'm not flexible enough. But – **EVERYONE CAN DO YOGA at Texas Yoga Center because we teach you how to do it just right for you!**

BASIC MONTHLY RATE JOIN ANYTIME

- **\$70** monthly – (\$5.84 per class)
Up to 3 classes per week
- **\$75** monthly **unlimited attendance**
- **\$60** for yogis 60 & up

Monthly Class Card

\$40 4 classes Good for 1 month
\$80 8 classes Good for 2 months

FAMILY RATE \$70 for 1st person;
\$55 for 2nd person

STUDENT RATE \$55 monthly

KIDS YOGA CLASS \$40 monthly

DROP-IN \$15 per class

MAKE-UPS may be taken anytime during the current month.

- Wear comfortable loose fitting clothes.
- No Refunds – No Carryovers
- All classes must be made up during the current month.
- Prices and classes are subject to change without notice.
- Monthly rates will be prorated after the 15th of the month

As of MAY 2008	AM	PM
Monday	9:00 Intermediate	5:45 Mixed Level 7:00 Beginner
Tuesday	9:00 Mixed Level	6:00 Intermediate
Wednesday	9:00 Mixed Level	7:00 Beginner
Thursday	9:00 Mixed Level	5:45 Kid's Yoga 6:45 Teacher's Choice
Friday	9:00 Mixed Level	Couples Yoga Call for dates
Saturday	9:30 Mixed Level	

Open Level is for all levels of experience. Beginners learn the basics while others deepen their experience in the poses.

AYURVEDIC CONSULTATIONS

Ayurveda (eye-your-vay-dah) is the sister science of yoga that teaches that nature stays balanced naturally and without effort. We can also stay balanced naturally by having

- a daily routine (like the seasons and sun rise and sun set)
- mindful eating habits and diet
- herbs and spices that balance areas of excess inside the body.

A consultation consists of listening to an introduction to Ayurveda and discussing your situation such as aches/pains, a look at your daily routine and diet, and medical history. This information helps determine your basic constitution and from there a customized plan is developed to help bring you into balance and maintain balance.

Consultations usually last 1½ hour and cost \$75, which includes a free follow up. To make an appointment, please call the office. Barbara received her Diploma in Ayurveda in 2003 from The Ayurveda Institute of America.

HEALING ENERGY

Our bodies are constantly in a state of rebuilding and healing. This is accomplished through intelligence inherent within each of us.

From time to time our 'energy' becomes stuck due to many reasons, such as fatigue, stress, a lengthy illness or being overwhelmed, and we do not recover or move past problems. This is when the help of healing energy and prayer from outside yourself is beneficial. We are ultimately one spirit united with God and it is God's power at work within us that rebuilds and heals. Receiving healing energy is a step in letting go and restoring your natural balance.

Call Barbara today and schedule a healing energy appointment. She is devoted to serving God and helping others.

Namaste ~ The Spirit in me honors the Spirit in you

DID YOU KNOW?

As we get older we tend to gain a little weight every year. However . . . doing yoga has proven to help people maintain their current weight or even lose weight consistently over time.

So roll out your yoga mat today!

Health Tips

It is best to practice yoga on an empty stomach. However, if becoming too hungry during class or blood sugar issues interfere, then it becomes necessary to eat a small amount before class.

In the morning eat a piece of toast with cinnamon and honey, a few nuts (almonds, cashews), or fruit. This also makes a great snack anytime of the day. In the evening cook dinner before class and eat a small portion. Then, after class if you are still hungry, eat another small portion. Following this simple guideline develops mindfulness about eating and along with the yoga practice, results in natural weight loss.

Drinking hot water is the best method of cleaning out the channels of the body. Sticky plaque and toxins lodge in the blood vessels, organs and tissues of the body. An indication of this is a white coating on the tongue. Sipping hot water flushes and cleanses the whole body and promotes natural weight loss.

Drinking a glass of water with lemon is also cleansing for the body and ignites your digestive fire. If you add a couple of slivers of fresh ginger and honey you have tasty ginger tea. Good digestion is the cornerstone to good health.

HERBAL WAXING & FACIALS

By appointment with Kavita Bhagat
281-859-3979 or 832-722-8587

MASSAGE – TIM JANEK

Certified in Orthopedic Massage
By appointment 832-767-8549

Texas Yoga Center
7620-F Cherry Park
Houston, TX 77095
281-859-5566



A STATE OF MIND

281-859-5566

7620-F CHERRY PARK (& HWY 6)
Behind Burger King & Bank of America

FREE DAY OF YOGA

***1st SATURDAY OF
EACH MONTH
at Texas Yoga Center***

No experience necessary.
Open to everyone!

A fun way to try yoga
for the first time!
Bring a friend 😊😊

**NO CONTRACTS
NO REGISTRATION FEES**
Privately Owned

texasyogacenter.com

***Everyone CAN do yoga at
Texas Yoga Center!
We take the time to teach you.***