



CLASSES & SERVICES

For the last 9 years Texas Yoga Center has been helping people from 3 - 81 years old learn how to stretch and strengthen their bodies, and quiet their chattering mind.

Tight hips and hamstrings find a method of regaining youthful range of motion.

Achy backs are relieved almost immediately and a good nights' sleep is usually the first benefit most people notice.

Plus, the restorative nature of a regular yoga practice has the power to resolve medical issues.

During a yoga class you will learn breathing exercises and meditation. This art of letting go helps reduce stress and quiet the mind.

Holistic healthcare workshops, wellness lectures and private consultations promote healthier eating habits and a safe alternative to traditional Western lifestyle.

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

However ~ EVERYONE CAN DO YOGA at Texas Yoga Center because we teach you how to do it just right for you!

texasyogacenter.com

YOGA CLASSES ~

Basic Beginner, Intermediate / Advanced
Deep Stretching & Meditation, Core Strength,
Mommy & Me, Prenatal,
Light Weights, Couples Yoga

TAI CHI ~

Slow, mindful movement that builds strength and balance and quiets the mind.

HOLISTIC HEALTHCARE CONSULTATIONS

Learn how to stay health naturally by developing a daily routine and using food as your medicine.

FACIALS ~

Botanically based skin care and herbal waxing

JUICE PLUS ~

Fruit & Veggies that have been juiced, dried and put in a capsule to make up the difference between what we actually eat and what we should eat. Gummies for kids.

MASSAGE ~

Relaxing ~ Therapeutic ~ Orthopedic

CHIROPRACTIC ~

Holistic treatment ~ Applied Kinesiologist ~
Quantum Neurology

TEA TIME ~

After class, a time to share questions and comments and learn holistic benefits of various teas.

LECTURES ~

Monthly lectures for life-long learning by doctors, nutritionists, therapists to help you regain and maintain your health and well-being

2010 SUMMER CLASS SCHEDULE

| | | | |
|-----------|---|-----------------------------|--|
| Monday | 9:00-Jana Vinyasa Flow | | 5:45 All Level 7:00 Beginner |
| Tuesday | 9:00-Barbara Meditation, Deep Stretching | 3:00 Beginner Barbara | 7:00 Meditation, Deep Stretching |
| Wednesday | 9:00-Barbara Beginner | | 5:45 All Level- Peggy 7:00-Peggy Beginner |
| Thursday | 9:00 -Tim Core Strength 10:30-Barbara Beginner | | 7:00-Jana Vinyasa Flow All Level |
| Friday | 9:00-Peggy Intermediate | 12:00 Linda All Level | |
| Saturday | 9:00 All Level | | |

Monthly Yoga Rates ~

2 classes per week - \$80 monthly
UNLIMITED CLASSES - \$90 monthly

4 classes per month - \$48 monthly

Yogi's 60 & up 2 classes/wk - \$65 monthly
UNLIMITED - \$75 monthly

Student Rate 2 classes/wk - \$65 monthly
UNLIMITED - \$75 monthly

Family Rate \$80 1st person; 2 classes/wk
\$60 2nd person

Drop-In - \$15/class

2 New Classes Coming Soon ~ Day/Time to be announced

1) Early Morning Yoga

2) Beginner Meditation

281 – 859 – 5566

7620 – F Cherry Park / Longenbaugh

2nd location opening soon
at 290 & Skinner Rd.