



D/FW Hindu Temple Society

Ekta Mandir



Yoga Lessons for Children From ages 8 and up To achieve **BETTER HEIGHT** and **BETTER HEALTH**

“Yoga is a form of complete education that can be used with all children because it develops physical stamina, emotional stability and intellectual and creative talents. It is a unified system for developing balanced, total personality of the child”

By Swami Satyanand Saraswati

During this 10 weeks course we will learn how yogic practices can boost your height as well as physical and intellectual potential. Learn the need of Proper diet, Stretching practices, Suryanamaskar, Asanas, Yogic Breathing and Relaxation to achieve this.

Important Note:

The children attending this class must have one of the parents with them throughout the duration of the class taking active part in the process.
Parents do not have to pay the additional Donation Fee.

Class Details for Children:

It is a 10-weeks course conducted every Saturday Mornings starting
On **Saturday, February 2, 2019**

Time:

11:00 AM-12:30 PM

Location:

D/FW Hindu Temple, **MEDITATION HALL**
1605 North Britain Road, Irving, Tx. 75061
Phone: 972-445-3111

Contact:

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Donation Fee:

\$50 Fee for 10 lessons Donated to the Temple