



*The Woodlands*  
**Yoga**  
*Studio*

**We offer**  
**14 kinds of classes**  
**40 classes per week**

**Introductory package of 8 classes for \$68**

**We offer package discounts  
to teachers, aides and students**



- **Build muscle and flexibility**
- **Reduce anxiety and stress levels**
- **Learn breath & body awareness**
- **Practice relaxation techniques**

**Call our business office at 936-271-1485**

25125 Grogans Park Drive The Woodlands, TX 77380

**[www.TheWoodlandsYogaStudio.com](http://www.TheWoodlandsYogaStudio.com)**