



**D/FW Hindu Temple Society**  
**Ekta Mandir**



Yoga Lessons for  
Children between 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.**

**Class Details for Children:**

It is a 10-weeks course conducted every Saturday Mornings starting  
On Saturday, March 21, 2015

**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  
(Please write a check to DFW Hindu Temple)