

Integral Yoga Institute



Classes
available in
English
and
Spanish

Yoga At School™

Yoga classes are healthy and fun.

Stretching and movement build energy and strength.

Breathing and relaxing help students focus, reduce stress and increase self-confidence.

We'll come to your school and teach yoga any time of day. Classes are 45 minutes long and are reasonably priced.



WHAT TEACHERS SAY ABOUT YOGA CLASSES:

“The class was wonderful for my students and me too.”

“The students need a positive mind/body experience.”

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WHAT STUDENTS SAY:

“Yoga is fun and cool.”

“It helps you clear out your mind and let out all your anger inside.”

“It was fun and it was peaceful.”

 **Integral Yoga®**
Institute • NYC
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