



CREATIVE RELAXATION™ for KIDS

Therapeutic Yoga for Children with Autism and Special Needs

Wednesdays 4:15-5:00 pm

Pre-Registration required

Each class will have gentle warm-ups, breath work, partner activities, and a visualization/relaxation



\$15 for a single class, \$70 for a 6 class series

Contact Brandon Hudson to Register

828-230-6081

bbhudson30@gmail.com

www.becreativeyoga.com



Black Mountain Yoga

Classes held at Black Mountain Yoga
116 Montreat Road | Black Mountain, NC | 828.669.2939