

Yoga for Kids & Teens in Oklahoma



Bixby:

Misti Vekas

(918) 369-9505
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Edmond:

3rd Street Yoga Studio



(405) 330-2211
E-mail: info@3rdstreetyogastudio.com
Website: www.3rdstreetyogastudio.com
Facebook: <http://www.facebook.com/pages/3rd-Street-Yoga-Studio/143215447588?ref=ts>

PhyzEdmond



(405) 831-6621
E-mail: brandon@phyzedmond.com
Website: www.phyzedmond.com
Facebook: <http://www.facebook.com/pages/Phyz-Edmond/196285923738526>

Mustang:

Katie Windom, RYT 200, Reiki Master, RCYP-2 at Heavenly Hands Day Spa, also offers private classes and yoga parties



(405) 812-0852
E-mail: beauty.love.serenity@gmail.com
Facebook: <http://www.facebook.com/katie.windom>

Norman:

OMazing Kids Yoga @ the JD McCarty Center – Inclusive yoga for kids and teens of ALL abilities



Angela Moorad, MS, CCC-SLP, IAYT, RCYP-2
2002 E. Robinson Street, Norman, OK 73071
(405) 307-2802 – direct line with voicemail
E-mail: amoorad1@juno.com & Work E-mail: amoorad@jdmc.org (please include both to make sure I get the message)
Blog: <http://omazingkidsyoga.wordpress.com>
Facebook: <http://www.facebook.com/OMazingKidsYoga>
YouTube: <http://www.youtube.com/user/amoorad1>

Ashtanga Yoga Studio

(405) 503-7779
E-mail: okiebabafilter@gmail.com & abby.g.lasiter-1@ou.edu
Website: www.ashtangayogastudio.com

OKC:

Dixie Hendrix – RYT 200 & YogaEd certified – adjunct PE teacher – yoga with 6-12th graders at Classen School of Advanced Studies

(405) 773-1015
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Let's Play Yoga



(405) 474-3302
E-Mail: info@letsplayyoga.com
Website: www.letsplayyoga.com/schedule.htm

Namaste Yoga



(405) 408-4980
E-mail: namasteyoga@cox.net
Website: www.namasteyogaokc.com
Facebook: <http://www.facebook.com/pages/Namaste-Yoga/140200216029669?sk=info>

Ponca City:

Om Yoga & Pilates Studio



(580) 718-9042
E-mail: jphealthnuts@yahoo.com
Website: <http://omyogapilates.com/Schedule.html>
Facebook: <http://www.facebook.com/pages/Om-Yoga-Pilates-Studio/149967018364149>

Tulsa:

Buddhaful Child Yoga - Dana DesJardins, RCYP-3



No set studio location yet - practicing in parks, homes, community centers, and churches in the Tulsa area
E-mail: buddhafulchild@yahoo.com
Website: <http://buddhafulchild.com/>
Facebook: <http://www.facebook.com/pages/Buddhaful-Child-Yoga/172943139421392>

RECESS – Resource Education for Calming, Energizing, Self-Awareness & Self-Regulation (501(c)3 non-profit organization) - All teachers are YogaEd Certified



(918) 200-YOGA (9642)
E-mail: barlowsnow@sbcglobal.net
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Facebook: <http://www.facebook.com/recessforhealth>

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