



YOGA CAMP

Children, come and experience the Joy of Yoga!

- ☀️ **Yoga Poses and Breathing**
- ☀️ **Age appropriate Games, Stories & Songs**
- ☀️ **The Importance of Proper Nutrition**
- ☀️ **Caring for the Body**



Campers learn:

Respect Honesty Compassion
Positive Self-Esteem
an Awareness of Others

August 6 to 9

Ages 3-6 12:30 - 2:00pm

Ages 7-12 2:30 - 4:00pm

☀️ \$85+tax weekly membership

☀️ \$23+tax daily membership



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