

### **Princess Yoginis (ages 3-6)**

Come dressed in your favorite princess dress for a week of royal princess yoga. The children will love learning poses and playing yoga games inspired by the Disney Princesses. We will have tea parties, dance, & make princess crowns, wands, and sparkly jewelry!

### **Aerial & Acro Yoga Camp (ages 7 & up)**

Build strength and confidence in this fun and athletic yoga camp that blends partner yoga poses with acrobatics! Children will have the opportunity to work together creatively while building both physical and mental strength. Aerial Yoga poses and games will also be incorporated into this camp.

### **Super Yogis & Warrior Ninjas (ages 3-6)**

Come dressed as your favorite superhero for this action-packed yoga camp! We'll go through important superhero training to strengthen our bodies and explore our own super powers through fun yoga games and activities! You will even design your own superhero mask & cape!

### **Yogis for Peace (ages 3-9)**

Inspired by self-love & world peace, this camp will bring out the natural flower child in us all! In a safe and nurturing space designed to build connections and friendships, the children will be encouraged to find their authentic voice and learn how to be a compassionate & kind yogi. Feel free to come dressed up in your favorite 70's gear!! Crafts include tie-dying & jewelry making.

### **Yoga with Your Doll or Stuffed Animal (ages 3-7)**

Your little yogi will start this camp off by making beautiful doll-sized yoga mats to use throughout the week. Each day your camper will enjoy teaching their doll new poses as well as learning partner poses that they can do with their doll. We will play fun yoga games, sing and make arts & crafts, including matching jewelry!

### **Free to be Me (ages 3-9)**

Get EMPOWERED during this uplifting and inspiring camp experience! Children will develop physical and emotional strength and a strong sense of self through the practice of yoga and mindfulness-infused activities, discussions & projects focused on self-reflection & self-care with a full Spa Day experience! Crafts include mindful jars & vision boards.

### **Nature Adventure (ages 3-7)**

Breathe in deep in a Tree Pose to connect with Nature! In this camp, children will explore the natural world around them by learning poses and playing games that are inspired by things found in nature such as plants, insects, & animals. We will go on nature walks, plant flowers and create crafts using things found in nature.

### **Beach Adventure (ages 3-6)**

Turn your yoga mats into a beach towel as we transform the studio into our own private beach! We will play in the sand, take a yoga adventure to the ocean and learn all about underwater sea creatures! Crafts include sun visors & sand jars.

## **WHAT TO BRING:**

- ☪ **peanut free lunch or snacks. (we will also provide a healthy snack).**
- ☪ **please dress your child in comfy clothing & bring an extra change of clothes.**
- ☪ **Water Bottle**    ☪ **towel**
- ☪ **please PRE-APPLY sunscreen.**

**CHILDREN MUST BE POTTY TRAINED.**

# 2017 SUMMER CAMP SCHEDULE

OUTDOOR YOGA  
ARTS & CRAFTS  
KINDNESS SKILLS  
PEACEFUL PLAY  
PICNICS

**Monday - Friday**  
**9am-12pm, 3 or 5 days**

- Week 1 - June 19-23**
- Week 2 - June 26-30**
- Week 3 - July 10-14**
- Week 4 - July 17-21**
- Week 5 - July 24-28**
- Week 6 - July 31-Aug 4**
- Week 7 - Aug 7-11**
- Week 8 - Aug 14-18**
- Week 9 - Aug 21-25**
- Week 10 - Aug 28-Sept 1**

- Princess Yoginis (ages 3-6) - Session 1**
- Aerial & Acro Yoga (ages 7 & up)**
- Super Yogis & Warrior Ninjas (ages 3-6) - Session 1**
- Yogis for Peace (ages 3-9)**
- Yoga with Your Doll (ages 3-7)**
- Free To Be Me (ages 3-9)**
- Nature Adventure (ages 3-7)**
- Princess Yoginis (ages 3-6) - Session 2**
- Super Yogis & Warrior Ninjas (ages 3-6) - Session 2**
- Beach Adventure (ages 3-6)**

**\$225/5 days**

**\$160/3 days (m,w,f)**

**Multi-camp discount!**  
**save 10% on each**  
**additional camp.**



## AERIAL YOGA SUMMER CAMP

**MON, WED & FRI**  
**1:30-4:00pm**  
**ages 7 - 12**

- week 1: June 19-23**
- week 2: June 26-30**
- week 3: July 10-14**
- week 4: July 17-21**
- week 5: July 31-Aug 4**
- week 6: August 7-11**
- week 7: August 14-18**
- week 8: August 21-25**
- week 9: August 28-Sept 1**

Introduce your child to the basics of Aerial Yoga, starting with proper hammock folding techniques and an understanding of how to safely pose in the hammock. They will LOVE flying as they learn fun poses as well as simple flows in the hammock. Child MUST BE in at least 1st grade in order to enroll. No experience needed.

**\$195 per week**