

Art & Yoga

W1: June 10-June 14

12:30 p.m.-3:30 p.m. Entering grades 6-8
Yoga and art come together for this special body/mind focused camp! Each day starts with a yoga class focusing on beginning asana (postures) and pranayama (breath work) that ultimately flows into an art project. Students create art that is devoted to who they are and their interests, feelings, and experiences. Art and yoga give students skills to manage their stress, find balance and deep relaxation, and learn more about how to express themselves.
\$200 Instructor: Katey Frankel