

Kids Yoga & Mindful Arts & Crafts

W4: July 1-July 5 (Only four days)

12:30 p.m.-3:30 p.m. Entering grades 3-5

Yoga and mindful arts and crafts is a great way to bring yoga poses and mindfulness together. Kids love using their imaginations and in this camp, yogis will evoke mindfulness in a fun way through a multitude of different craft activities. Campers will create a Personal Sun for sun salutations, a vision & freedom collage, and a personalized affirmation creation to support them as they create a peaceful future. Campers will explore building feelings catchers and mindfulness jars to promote calm and social emotional learning. The best part? Relaxation eye pillows to use at the end of classes. \$165 Instructor: Casey Feicht