

Mindfulness & Yoga for Kids & Tweens!

W5: July 8-July 12

W6: July 15-July 19

12:30 p.m.-2:00 p.m. Entering grades 5-8

2:00 p.m.-3:30 p.m. Entering grades K-5

Namaste and Play! Kids Yoga is designed to empower kids by helping them experience and practice mindfulness and yoga skills. Yoga builds confidence in kids, plus they learn to be more respectful of others, and develop deeper awareness for their own body and surroundings. Campers will learn mindfulness techniques to help balance their emotions, and they will learn how to relax and let go. Yogis will do this while practicing poses and breath work.

Oh, and they will have fun learning songs, playing games and dancing! \$140

Instructor: Casey Feicht