

## **Garden and Yoga Summer Camp**

Join us this summer for Garden Yoga camp! Kool Kidz offers classes that are playful, educational and fun. Taught with passion and commitment, this summer camp will help children develop confidence, joy, relaxation, concentration and fitness through yoga with a twist of gardening senses. The benefits of yoga and gardening are profound and give children a strong physical, mental and emotional foundation that lasts a lifetime. This camp includes conscious breathing, traditional and modified yoga poses, play (exploring yoga and gardening through games, crafts, stories, music, cooking, journaling, etc.) relaxation and visualization. Garden Yoga camp is just the beginning of a long and healthy life!

Throughout all of summer, the kids will plant gardens and take care of them. It is a 10 week camp and starts the week of June 5 and ends the week of August 11<sup>th</sup> (No camp the week of July 4<sup>th</sup>).

Registration fee for this camp is \$25 per camper. This is a non-refundable fee. Tuition is \$20 per week. Pay for all 10 week and get a 10% discount. You can select the weeks you want your camper to come and work around family vacations. A minimum of 6 campers per camp will need to register for our camp and garden to be successful, but a maximum of 10 per camp is all the camp each week can hold. Ms. Jazmin is the camp leader and she has a passion for gardening, yoga and children.

### Schedule:

Tuesdays/Thursdays 9 am -11am	ages 6-8
Monday/Wednesdays 9 am - 11 am	ages 9-12

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