



# Inspiring Actions

## Creative Kids Yoga

Give your child an opportunity to experience this fun and distinctive 1/2 day summer camp! Character development, confidence, strength, focus, body awareness, and balance are inter-mixed with enjoyable activities for these young yogis. Each day will center around a universal theme such as, compassion, honesty, kindness and gratitude to help your children's spirits grow. Using yoga classes, artwork, creative movement, stories and games, your child will get a chance to express their unique selves and find the fun in practicing yoga. Please pack a nutritious snack for your child daily.

(Recommended for ages 6-9 years old. Maximum of 12 campers.)

### **Instructor:**

Jennifer Mankowski

### **Session 1:**

Monday-Thursday

June 18th-21st

1:30-4:00pm

### **Session 2:**

Monday –Thursday

July 16th-19th

1:30-4:00pm

### **Cost:**

\$80 per child for the entire week

\$25 a day per child for selected days

Register at [www.InspiringActions.com](http://www.InspiringActions.com)

