



Ahh Yoga

LITTLE YOGIS SUMMER CAMP - AGES 6-10



July 16th-July 20th - 1:00pm-4:00pm

Kids ages 6-10 will have a lot of fun exploring a variety of yoga poses, games, mindfulness and self-calming techniques along with creative craft projects and songs.

Your child(ren) will enjoy a non-competitive environment where they can connect with other children, build confidence and self-esteem, along with improved body awareness and flexibility.

**Kids have a blast
learning to access
their imaginations
and unlock their
true potential!**

BENEFITS OF KIDS YOGA

- Enhance concentration skills
- Foster relaxation & sense of calmness
- Improve body awareness
- Improve flexibility & coordination
- Connect with peers
- Build confidence and self-esteem

CAMP DETAILS

Camps for children ages 6-10.

Monday, July 16th - Friday, July 20th from 1:00pm - 4:00pm.

*Child must be 18 or older to attend.

CAMP RATES

\$125 for all 5 days • \$100 for each additional child (\$25 discount)

Can't make everyday? Drop-in Price: \$30/day

Includes: Yoga, Snack, Craft and Play!

PLEASE REGISTER AT: <http://www.ahhyoga.net/summer-yoga-camp.html>