

MERIDIAN KIDS YOGA SUMMER CAMP 2012

AT MERIDIAN YOGA STUDIO, 2401 15th Street NW Washington, DC 20009

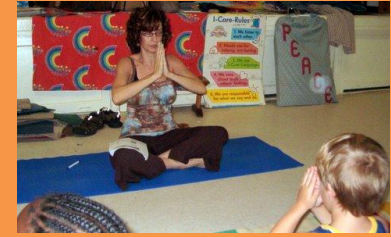
Monday to Friday

June 25 - August 17 with flexible duration options (Holiday on July 4)

9.00 am to 3.00 pm

Age - 5-12

For more details & to register your child in the camp, visit www.meridianyogadc.com



A typical day at Yoga Camp:

- Crafts
- Non-competitive yoga
- Journaling
- Breathing Practices
- Lunch at Meridian Park
- Yoga and Mindfulness Games
- Camp Songs



Breathe in
Enthusiasm
Confidence
Dynamism

Breathe Out
Undesirable emotions
Anger
Jealousy

Why Yoga Camp?

Yoga helps kids find some calm in today's world. It builds self-confidence, teaches mindfulness, makes the body strong and **IT'S FUN!**



Your child will go on a safari, traveling across mountains while braving snakes and lions, exploring poses and themes of mindfulness, kindness and truthfulness and fun time tales about how the elephant got its trunk!



Journaling, games like down dog tunnel, lizard on a rock, mindfull tea ceremony, movement, lunch in the park, did we mention **FUN!!!**

Jayanti is a 200 hr RYT with additional certification as a **Budding Yogis children's teacher**. Her yoga experience with children started in 2008 when she began subbing at Circle yoga with subsequent experience in teaching yoga at summer camps for 3 summers. She has also taught yoga to children at various schools and studios around DC and Maryland. She currently teaches a yoga outreach class at Don Boscoe Cristo Rey High School in Takoma Park. Visit our website for more information



Options for Summer Camp Duration & Fee breakup :

- 1 week Per child - \$ 300/Week
- 2 weeks and more, Per child - \$270/Week
- 1 week AND more than one child, from the same family - \$270/Child/Week
- More than one week AND more than one child from the same family - \$255/Child/Week.

Limited scholarships are available. Please email or call for more information.

Register online @ www.meridianyogadc.com

Email: info@meridianyogadc.com / Call : 202-903-0866