

STRIPES
YOGA

FitYoga

KIDS
CAMP

JULY 23rd – JULY 26th

1:30pm to 3:00pm

Ages 7yrs – 10yrs

\$95 (10% off sibs)



STRIPES Mindfulness Yoga Summer Camp teaches kids self-regulation techniques to reach their highest fitness and academic potential in 3 easy systematic steps!

- 1) **BREATHING** to relax the body and improve attention to tasks.
- 2) **MOVING** through fun poses improving alertness and focus.
- 3) **STILLNESS** to enhance clarity of the mind and reduce anxiety.

Jill Murawski
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