

SUMMER YOGA CAMP FOR KIDS!

Playful yoga poses with storytelling,
breathing, music, games and crafts

The benefits of yoga are many, including inner and outer strength, increased concentration, focus, attention, body awareness and self-control. Children will learn to discover their peaceful and calm state of body and mind.

Ages 5 to 12 - Children with special needs welcome!!!

Monday thru Thursday July 21 - 24 from 9 to 10:30 am

St. Paul's Episcopal Church Hall, 3rd & Spring St., Watertown

Registration or Questions: 920-988-7016 or email: nancbauer@yahoo.com

\$65 for all four days

\$17 for first day (if you just want to try it out!)



Instructor:
Nancy L. Bauer. RYT
FullCircleTherapieInc.com