

Fair Haven Yoga Introduces Yoga Camp for Ages 8-11

Why Yoga Camp? *Yoga is a great way for kids to get in touch with their bodies. It helps active young bodies connect with active young minds (perhaps calming both!). In a non-competitive, stress-free environment kids will explore Yoga through traditional poses, games, crafts, music, journaling and more.*

Dates: Tuesday, July 27th- Friday July 30th

****Time: 12:30-3:30 each day**

Price: \$135 per child

Sample activities: Yoga dance, yoga stories, musical mats, "Yogi says", Yoga charades, Yoga puzzles, word search, crosswords, mala bead making, Yoga mat decorating.

Typical Day: Arrival and Discussion, Opening Practice, Pose of the Day, Games, Craft, Snack, Journaling, Closing Practice, Departure

***Anyone who has a child at FH Rec this week and would like us to meet their child at Rec, walk them to the studio, where they can eat a lunch brought from home before camp begins, please call for further information.*

Child's Name: _____

Address: _____

Daytime Phone # (while camp is in session) _____

Emergency Contact Name: _____

Phone # _____

I hereby give permission for my daughter/son _____ to attend Yoga Camp at FH Yoga from July 27th-July 30th and participate in all activities.

Parent Signature: _____

Please let us know any additional information you think would be helpful:

Call 732-741-1724 with any questions.

PLEASE REGISTER QUICKLY! In order to insure your child has the best experience possible we are limiting camp size.

TO REGISTER: RETURN COMPLETED FORM AND CHECK MADE OUT TO FAIR HAVEN YOGA TO 120 FAIR HAVEN ROAD, OR VISIT www.fairhavenyoga.com