

BE HERE NOW YOGA

SUMMER KIDS PROGRAM

Kids Summer Yoga Camp

Includes asanas (poses) and activities each week. Topics include quieting the mind, being mindful, respecting others and opening our heart to kindness, finding our balance, taking flight, getting grounded, and overcoming obstacles.

Mondays - Thursdays

Cost is \$5.00/week

June 23rd

3rd - 5th grade 8:30 - 9:45
K - 2nd grade 10:15 - 11:30

June 30th

3rd - 5th grade 8:30 - 9:45
K - 2nd grade 10:15 - 11:30

July 14th

3rd - 5th grade 8:30 - 9:45
K - 2nd grade 10:15 - 11:30

July 21st

3rd - 5th grade 8:30 - 9:45
K - 2nd grade 10:15 - 11:30
6th - 8th grade 1:30 - 3:00
9th - 10th grade 3:30 - 5:00

July 28th

6th - 8th grade 1:30 - 3:00
9th - 10th grade 3:30 - 5:00

August 4th

6th - 8th grade 1:30 - 3:00
9th - 10th grade 3:30 - 5:00

Fridays journey through your favorite stories with yoga

Kids 4-6 years old

9:30 - 11:45

July 18, July 25, August 1 and August 8th

\$5.00/series or 25.00/day

beherenowyoga108.com

908.642.0989

