



DEEP YOGA - LITTLE DEVA'S YOGA CAMP

# YOGA 4 KIDZ

Summer Camp '09

CORONADO FAMILY GYM JUNE 15TH - 19TH 2009

**Session 1: Ages 9-14**

**Session 2: Ages mature 4 1/2-8**

Mon - Fri 10:30am-NOON

Mon - Fri NOON-1:30pm



PEACE FLAGS BY KIDS.ORG  
& RESOUNDING JOY.ORG



WITH **RAMA DEVA** RYT, HHP, RCYP II

### Session 1: Ages 9-14

Learn to relax, gain inner strength and focus, while improving your ability to overcome life's obstacles. Enhance your ability to participate in activities such as music, sports - and school work!

### Session 2: Ages 4 1/2-8

Discover how much fun Yoga can be! You'll climb mountains, trek through jungles, slog through swamps, and meet bears, monkeys, and frogs along the way - all with your body, breath, & imagination! You'll also learn games, songs and dances that celebrate the excitement of life.

With practice we feel more confident in ourselves & abilities, becoming aware of our important role in life & our power to make a difference. Yoga is a great way to release stress & relax allowing our bodies and minds to be stronger & brighter as we face the challenges of life.

### CAMP INCLUDES:

YOGA PRACTICE {POSTURES, BREATHING TECHNIQUES, & RELAXATION}, HEALTHY SNACK, ARTS & CRAFTS, YOGA FUN & GAMES

PRICE: \$50

TO REGISTER CONTACT >

(619) 435 - 0550



Portion of Proceeds goes to orphans in Varanasi, India

