



DEEP YOGA - LITTLE DEVA'S YOGA CAMP

YOGA 4 KIDZ

Summer Camp '09

GINSENG YOGA STUDIO - JULY 13TH - 17TH 2009

Session 1: Ages 9-14

Session 2: Ages mature 4 1/2-8

M, T, TH 1:45-3:15pm W, F 1:00-2:30pm

M, T, TH 3:15-4:45pm W, F 2:30-4:00pm



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, AND A SPECIAL TREASURE.

PRICE: \$50

**TO REGISTER CONTACT GINSENG
(619) 338-YOGA (9642)**

Portion of Proceeds go to Bal Ashram eco-village orphanage Varanasi, India

