



## Mindful Mini's March Break Yoga Camp

March 11 - 15<sup>th</sup> 2019 (6-11 yrs.)

Times: 8:30 am – 4:30 pm

**Cost: \$275.00 full week or \$70.00 per day. (+HST) Siblings discount 25%**

Our camp empowers children with the tools to grow into self-assured, healthy young people. Healthy snacks, art supplies and camp t-shirts are included in this camp. Professional certified Mindful Movements teachers will provide instruction for all camp activities.

Here is just a list of some of the amazing things we'll do at Mindful Mini's camp:

Yoga,  
Pilates  
Kids Primal Fitness  
Learning how to Meditate  
Orienteering  
Hiking and Nature Exploration  
Making Smoothies and Desserts  
Rock Painting for Spreading Kindness  
Creating a Dream Catcher  
Team Obstacle Courses  
Making a Movie of Child Instructing a Yoga Pose  
Dream Boards  
Bracelet Making

With all of this packed into a week, you can be confident that our camp will change the way your child sees the world, and delivers many of the tools and skills required to grow into a self-assured, healthy and loving camper. Day Camp includes fresh organic smoothies/juices, snacks, all art supplies, a Mindful Mini T-Shirt, and everything required for the fitness & yoga components.

**Register your child for this fun, safe, mindful March Break Camp:**

**[Kym@mindfulmovements.ca](mailto:Kym@mindfulmovements.ca)**