



## Mindful Mini's Summer Yoga Camp

July 8<sup>th</sup> - 12<sup>th</sup> 2019 (Ages: 8 - 11 years)  
July 22<sup>nd</sup> - 26<sup>th</sup> 2019 (Ages: 5 - 8 years)  
August 12<sup>th</sup> - 16<sup>th</sup> 2019 (Ages: 8 - 11 years)

Times: 8:30 am - 4:30 pm

Cost: \$275.00 full week or \$70.00 per/day. (+HST)

Siblings discount 25% (on 2<sup>nd</sup> Child Only)

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 may 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  
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 Summer Yoga Camp:  
Kym@mindfulmovements.ca**