



## Mindful Mini's PA Day Yoga Camp

**Fridays • Sept. 27/19 • Nov. 1/19 • Nov. 29/19 • Jan. 31/20 • Apr. 3/20 • June 5/20**

**Ages: 6-11 yrs. • Times: 8:30 am – 4:30 pm**

**Cost: \$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 and art supplies 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, and everything required for the fitness & yoga components.

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

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