



STRETCH YOUR LIMITS

This camp will introduce children to yoga in a simple, structured, and uniquely effective program that helps children calm themselves and feel happy. Your child will learn the basic postures and concepts of yoga in a fun and supportive environment.

For children

AGES preschool to 4th grade

Benefits of Yoga	Times and Pricing	Meet Heidi
<p>Body: Helps kids with coordination and balance.</p> <p>Breathing: Promotes healthy breathing, help kids calm themselves and feel happy.</p> <p>Mind: Helps promote calm, balanced energy and builds the power of focus.</p> <p>Heart: Builds emotional awareness and resiliency.</p>	<p>Times: June 18-22 9am-12pm</p> <p>Pricing: \$175 for the week</p> <p>Ages: Preschool-4th grade</p> <p>Requirements: Yoga Mat(available at 5 Below)</p>	<p>Heidi Krebs is the Prek-3 teacher at Saint Helena's. She enjoys yoga on a daily basis and is dedicated to working with children, helping them realize their potential to benefit themselves and others through their thoughts, speech and actions.</p>

If interested, please return the bottom portion of this paper, along with the \$175 fee (checks made payable to St. Helena) to school by Friday May 4th.

Please feel free to contact me with any questions at: hkrebs@sainthelenaschool.org

Student's Name: _____

Grade entering in September: _____

Parent's Name: _____

Parent's Contact Numbers: _____

Email: _____