

SHS 2019 Yoga Camp



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. At the beginning of the week, your child will receive a monogrammed sports bottle!

Ages: preschool through sixth grade

Benefits of Yoga	Times and Price	Meet Heidi
<p>Body: Helps kids with coordination and balance.</p> <p>Breathing: Promotes healthy breathing, helps 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: 9-12 Week One: June 17-21 Week Two: June 24-28</p> <p>Prices: \$175/week \$350/two weeks</p> <p>Requirements: Yoga Mat(available at 5 Below)</p>	<p>Heidi Krebs is the prek-3 teacher at St. Helena School. 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. Heidi is experienced in bringing Yoga and mindfulness to children.</p>

If interested, please return the bottom portion of this paper, along with the fee of \$175/\$350 fee (checks made payable to St. Helena) to school by Friday, May 3rd.

If you are participating in the dance camp, week two, your child is welcome to stay for lunch with Mrs. Dana Leeds after yoga camp.

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

Student Name: _____

Week/Weeks Chosen: _____

Grade Entering in September: _____

Parent's Name: _____

Parent's Contact Number: _____

Email: _____