

Retreat from the
afternoon heat with
**KIDS
YOGA**



3-Day Summer Camp!

Explore the themes of **Peace, Love and Happiness**
(1 theme focus each day) through yoga poses, games, music,
kid-friendly meditations, books, art, and crafts. Stretch and strengthen
your bodies, minds and hearts in this fun-filled mini-camp.

After playing in the hot summer sun all morning, come
cool off and have fun with us in the afternoon!

July 26, 27, 28 (T-Th) ♥ **1-4 pm**

taught by **Gina Foresta**

Ages 5-10 years

cost is \$90 ♥ \$75 for siblings

Angela Phillips Yoga Studio, 325 C First Colonial Road
angelaphillipsyoga.com

Contact **Gina Foresta** at gmforesta@gmail.com

to register or register at studio.

Payment due in advance. Registration deadline is July 12.