

Children's Yoga Camp

July 26-30 at
Kundalini Yoga in the Loop

We are now taking reservations!

Monday Through Friday
July 26 to 30, 2010

5-8 year olds – 1 pm to 4 pm
\$40 per day or \$175 full week

(Additional children from the same
family receive a \$5 discount per child.)

Your children will stretch their bodies and their minds through yoga practice, art projects, visualization, music, dramatization, dance and play. Yoga Camp is perfect for beginners and children who have tried yoga before.

Besides learning about Yoga children will discover:

- How to be Strong, Balanced and Flexible
- How to use their Breath to Change their Mind
- How to shift from *Doing* to *Being*
- How to be a better Listener
- How to be Kind to Themselves
- How different Foods make them Feel
- How to be Healthy, Happy and Whole!

The benefits of Yoga for children are:

- Yoga is non-competitive
- Yoga requires staying present
- Yoga is low-cost and prevents stress
- Yoga creates balance, flexibility, and quiet
- Yoga expands and enriches awareness
- Yoga gives children a greater sense of self
- Yoga is not an intellectual process; it is experiential and social!

Yoga Camp will be in downtown Chicago across from Grant Park at

Kundalini Yoga in the Loop - 410 South Michigan Ave Suite 501 - Chicago, IL 60605
Visit www.ShaktaKaur.com for more details, or call (312) 922-4699

(registration information on back)

Children's Yoga Camp - July 26-30, 2010 - Downtown Chicago

Space is limited to 16 Yoga Campers. Fee includes all activities, materials and one snack each day. Two adults will be with our Yoga Campers at all times. If your child has allergies or special dietary needs please have them bring their own snack and/or drink each day to Yoga Camp.

Refund Policy: Withdrawals before July 12 receive full refund less \$35 administrative fee. No refunds for withdrawals July 12 and after. Kundalini Yoga in the Loop (KYL) reserves the right to cancel Children's Yoga Camp if not fully enrolled and will issue full refunds.

Emergency Service: In the event of emergency only, KYL will care for your Yoga Camper after Camp closes for up to two hours. The Emergency Service fee is \$1.00 per minute. The phone number for such emergencies is (312) 656-8229 or (312) 656-8303.

Extended Care: In the event your Yoga Camper needs to arrive early or stay later than the Yoga Camp published hours, KYL will care for your Yoga Camper for up to one hour either before or after Camp closes. The Extended Care fee is \$35 per hour. After one hour the Emergency Service fee applies.



Child's Name / Age	
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Children's Yoga Camp - July 26-30, 2010

Parent's Name	<input type="checkbox"/> Address on File
Street	
City / State / Zip	
Phones (inc. cell)	
Email	
Credit Card Number	<input type="checkbox"/> Paying by check
Name on Card	<input type="checkbox"/> Use Card on File
Expiration Date	Security Code
Signature for Card	<input type="checkbox"/> Check Box to Sign

Please Register:

- Full Week: ____ @ \$175
- Partial: ____ days @ \$40
- Partial: ____ days @ \$40

Seating is limited, pre-payment is required to guarantee your reservation. Appropriate for children ages 5 to 8.

Kundalini
Yoga in the Loop

Fine Arts Building - Suite 514
410 S Michigan Avenue
Chicago, IL 60605

(312) 922-4699 voice
(312) 431-1469 fax
www.**ShaktaKaur.com**