



Yoga 4 Kids Summer Camp

Monday 12th July 2010



Yoga Kids summer camp is a great way to burn off energy during the summer as well as learn a new skill – yoga!

Through yoga, kids learn to connect their minds with their bodies beginning with breath, body awareness, and yoga postures. These fun classes encourage kids to express creativity and individuality in a non-competitive and safe environment as well as get relaxed and grounded.

Camps run for 3 half days from 10am – 12noon from Monday 12th until Wednesday 14th July and take place at the Breathing Place Yoga studio in Clane.

Classes open to boys and girls aged 6-12 years.

Cost: €45 per child

No experience needed

**Call 045 893755 or book online at
www.breathingplace.com**