

# Yoga Camps for Kids

Summer 2010

## bal•ance yoga lounge

Offering a full schedule of yoga classes, as well as various workshops addressing nutrition, meditation and holistic life skills

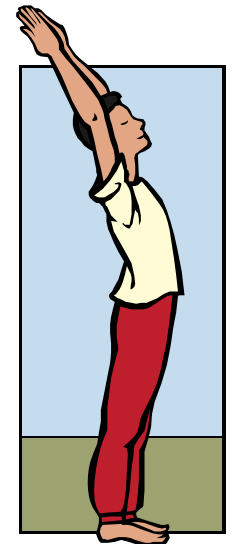
Private yoga therapy sessions also available

Sandy Eimers, Owner

2202 west first street, ankeny

515-210-8138

[www.balanceyogalounge.com](http://www.balanceyogalounge.com)



Balance yoga lounge

Balance yoga lounge

Tel: 515 210 8138

## Yoga Camps for Kids

**bāl'ance yoga lounge** is offering yoga camps this summer for elementary and pre-teen kids. These classes provide a fun, non-competitive, stress free alternative and lets them connect with like-minded peers. Consider the many benefits of this mind and body experience!

- ✚ Yoga benefits every person by strengthening the body, lifting the spirit and balancing the emotions.
- ✚ Yoga is an empowering experience and every child, of every age, male or female, will learn something wonderful about themselves by practicing.
- ✚ Children who may not like competitive or contact sports, often take easily to the art of yoga.
- ✚ The self-help, coping, and decision-making skills learned through yoga can be of great help to your child as they navigate their way through life.

**See the Registration Form insert for schedules**

### Elementary School Kids

**This fun and active program uses games, cooperative play and crafts to teach the concepts of yoga. The week's activities will include the following:**

- basic yoga postures including inversion, twisting, stretching and balancing poses
- games including speed yoga, "Simon Says" yoga, and challenge courses
- cooperative play that incorporates balance, agility, strength training and trust
- introduction to breathing exercises, conscious relaxation and self-calming techniques
- meditative and introspective crafts such as drawing self portraits and coloring mandalas
- "Rescue Me! Yoga" to learn what postures can help us when we need help the most

Elementary camp will be lead by Mary Lasky, a regular instructor at bāl'ance and a children's yoga instructor for five years.

### Pre-Teen Kids

**This "Age of Discovery" will benefit from mind/body awareness, stress reduction, positive thinking, and building emotional intelligence. This camp will include the following:**

- Designing a personal journal to relay experiences with guided imagery, yoga, and mindful breathing
- Identifying and effectively managing stress – learning the role of mindful breathing; create and use a mandala for quiet meditation
- Overview of the seven major chakras (awareness centers in the body) using yoga poses, the breath and aromatherapy to strengthen the powers of intuition
- Explore the "art of happiness" and learn techniques for staying positive, reducing fears, and learn just how closely related all of us truly are.

Pre-teen camp will be lead by Linette Mace, a regular bāl'ance instructor and Enrichment teacher for Ankeny schools.

**Balance yoga student waiver agreement**

I, \_\_\_\_\_ (print name) understand that yoga includes physical movements as well as an opportunity for relaxation, stress re-education and relief of muscular tension. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated. I agree that I will be working at my own pace and taking breaks in the routine as often as I need. If I experience any pain or discomfort, I will listen to my body, adjust the posture and ask for support from the teacher. I will continue to breathe smoothly.

Yoga is not a substitute for medical attention, examination, diagnosis or treatment. I will alert my instructor of any special needs or injuries that I may have that could affect my safety and security during class. Yoga is not recommended, and is not safe, under certain medical conditions. I affirm that I alone am responsible to decide whether to practice yoga. I understand that by signing below, I release balance yoga lounge, its owner, any instructor or management, of any liabilities for my health and safety during my participation in exercise classes.

Signature of Student \_\_\_\_\_

Signature of Parent or Guardian (if student is younger than 16 yrs of age) \_\_\_\_\_

**Registration Form**

Please enclose payment and mail to balance yoga lounge, 2202 West First Street, Ankeny, 50023

Questions should be directed to Sandy Eimers, Owner, at 515-210-8138

Please register at your earliest convenience. We reserve the right to cancel camps if adequate registrations are not received. You will be contacted with a confirmation regarding your registration.

Name of Student		
Name of Parent or Guardian		
	balance yoga lounge Member <input type="checkbox"/>	Non-member <input type="checkbox"/>
Address		
Phones	Home	Cell
email		
Emergency contact		
Student Information	Age	Male <input type="checkbox"/> Female <input type="checkbox"/>
List any physical limitations or emotional concerns		
List any specific goals or objectives we can help with		
Age Group: (Grade Completed)	Pre-Teen (Grades 5-7)	Elementary Kids (Grades 1-4)
Session Dates:	June 7 – 10 <input type="checkbox"/>	Session 1: June 21-24 <input type="checkbox"/>
		Session 2: June 28-July 1 <input type="checkbox"/>
Meeting Time:	10-11:30am	10 – 11am
Cost:	\$50/session	\$35/session
Registration Due by:	May 24	S1 by June 7 and S2 by June14