



# Kids Yoga Summer Camps



5331 W. 135th Street  
Crestwood, IL 60445  
708-371-4810

Come and experience the world of yoga this summer! All classes help teach self-regulation while building confidence. Classes are centered around a theme and incorporate individual, partner and group poses. We focus on learning poses, controlling the breath and mind, and finding a place of calm within. **Two sessions are offered this summer: June 14 - July 5 and July 12 - August 2.**

## **Little Yogis (ages 4 to 7)      Thursdays, 9:00 to 9:50am**

Calling all yogis ages 4-7 to come on some amazing adventures through the world of yoga. Classes are adventure and story based, and include a whole lot of fun. Parents are welcome to walk the track or wait in the concession room while children are in class.

**Session 1:** June 14 - July 5 (Code: 131500-A) / **Session 2:** July 12 - August 2 (Code: 131500-D)

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## **Yoga Kids (ages 8 to 12)      Thursdays, 10:00 to 10:50am**

Perfect for those who are ages 8-12 and are beginning yogis, or those who have practiced yoga before. Classes are theme based and include many challenges of body and mind while still having some yoga fun. Parents are free to drop off and pick up with this class.

**Session 1:** June 14 - July 5 (Code: 131500-B) / **Session 2:** July 12 - August 2 (Code: 131500-E)

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## **Yoga Teens (ages 13 to 17)      Thursdays, 11:00am to 12:00pm**

This class is for appropriate for ages 13-17. Classes are focused on the strength within and preparing our teens for the real world. Focus is on the strength of the self while still maintaining a fun and engaging atmosphere. Parents are free to drop off and pick up with this class.

**Session 1:** June 14 - July 5 (Code: 131500-C) / **Session 2:** July 12 - August 2 (Code: 131500-F)

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### **Instructor: Beth Robinson**

#### **Instructor Bio—**

Beth received her 200RYT from Reflections Yoga Center and her CRYT training from Global Family Yoga. She is Yoga Alliance Registered, Prenatal and Child certified.

**Fees for each 4 week session:  
\$26.00 Resident / \$31.00 Non-Resident  
Min/Max: 6/15  
Register now for one or both sessions**