



# Kids Yoga Summer Camps



5331 W. 135th Street  
Crestwood, IL 60418  
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 19-August 9**

## Little Yogis (ages 4 to 10)

**Fridays, 1:00 to 1:50pm**

Calling all yogis ages 4 to 10 to come on some amazing adventures through the world of yoga. Parents are welcome to walk the track or wait in the concession room while children are in class. Parents are free to drop off and pick up - if children are comfortable using the restroom by themselves.

**Session 1:** June 14 - July 5 (Code: 131500-C)  
**Session 2:** July 19 - August 9 (Code: 131500-D)

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## Yoga Tweens & Teens (ages 11 to 17)

**Fridays, 2:00 to 3:00pm**

This class is for appropriate for ages 11 to 17. Starting to move to a more formal yoga practice, classes are focused on the strength within while still having a fun engaging atmosphere. Parents are free to drop off and pick up their children.

**Session 1:** June 14 - July 5 (Code: 131500-E)  
**Session 2:** July 19 - August 9 (Code: 131500-F)

### 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: 6/13  
Register now for one or both sessions**