

sun&moon yogastudio

breathe. stretch. relax. repeat.

Kids' Camps Summer 2009



Kids' Camps at Sun&Moon are suitable for children no matter their physical abilities. We will introduce poses to increase flexibility and strength, develop coordination and posture, and learn to relax and release energy in a safe way.

The curriculum will include yoga asanas, mindful walking to a neighboring park, crafts, snacks, karma yoga (acts of selfless service) and creative expression. We will emphasize the non-competitive nature of yoga and have time for reflection and gratitude, all in a fun, safe and nurturing environment. The intention is for children to learn skills which will carry over into their daily lives.

Monday June 22 – Thursday June 25 **Arlington**

with Annie Moyer & Beth Fedman
ages 5 to 12, 1:00 to 4:00 pm

Monday June 29 – Thursday July 2 **Arlington**

with Beth Ebner & Lou Ott
ages 5 to 12, 1:00 to 4:00 pm

Tuesday June 30 – Friday July 3 **Fairfax**

with Cynthia Maltenfort & Annette Hyde
ages 11 to 15, 1:15 to 4:15 pm

Wednesday July 8 – Friday July 10 **Fairfax**

with Cynthia Maltenfort & Annette Hyde
ages 5 to 10, 1:15 to 4:15 pm

Monday August 31 – Thursday Sept. 3 **Arlington**

with Annie Moyer & Beth Fedman
ages 5 to 12, 1:00 to 4:00 pm



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Kids Camp Application

Name , Age, and Rising Grade of camper #1:

Name , Age, and Rising Grade of camper #2:

Parent's name:

Address:

Home Telephone: _____

Cell Phone: _____

2nd Emergency Contact Name with Home&Cell Phones:

Week(s) registering for:

___ Arlington June 22..... \$160 or \$144 by May 1

___ Arlington June 29..... \$160 or \$144 by May 1

___ Fairfax June 30..... \$120 or \$108 by May 1

___ Fairfax July 8..... \$160 or \$144 by May 1

___ Arlington Aug. 31..... \$160 or \$144 by July 1

Payment information ___ Visa ___ MC ___ Disc ___ Check

Credit Card # _____

Exp. Date _____ Signature _____

Or, please enclose a check for the full amount, made payable to Sun&Moon Yoga Studio, and mail to the location of the camp:

9998 Main St., Fairfax, VA 22031
3811 Lee Hwy., Arlington, VA 22207

Consider your child enrolled unless you are contacted. The camp will fill first-come, first-served.

On the back of this form, please list allergies and any other important information you think we need to know.