



Crofton Yoga Summer Camp

June 19-23, 2017

Ages 5-12

9:00am-2:00pm, \$190.00

- o \$10 Early Bird Discount before April 1st.
(Use Promocode CAMPER17)
- o \$15 Family Discount taken off tuition of 2nd,
and 3rd child

Camp Activities

- o Age Appropriate Yoga Classes
- o Craft Projects
- o Open Gym with Yoga
Balls and Props
- o Journaling
- o Yoga Games
- o Service Project



Camp Goals

- o Through age appropriate journaling, yoga, crafts and games, campers will explore how their brains, breaths, bones and muscles serve their bodies.
- o Campers will enjoy a daily theme that is connected to the activities of the day.
- o At the end of the week campers will have a greater understanding of yoga's principles, yoga postures, and how they can use these in their every-day life.



Mission Statement

To create a welcome, vibrant yoga community in Crofton by providing the highest quality yoga and related classes for Every Body, while honoring Yoga's core principles, and working to strengthen the mind, body and spirit of our students, teachers and staff.

Emily Gretz



Emily Gretz, E-RYT500, brings a career in education and an entrepreneurial spirit to her role as yoga teacher and co-owner of Crofton Yoga. As an instructor she is certified at the 200-hour level in both Kripalu and Pranakriya yoga and at the 500-hour level through the Pranakriya School of Yoga Healing Arts. Additionally, she holds certificates in prenatal yoga, YogaEd and Radiant Child Yoga. Equally skilled at leading adults and children in yoga practice, Emily is passionate about yoga's benefits and is anxious to share them with people of all ages and skills levels. As a mother of two girls, Emily believes introducing yoga to children can help provide them with tools for coping with life's stresses. At a very young age, children can learn to use their breath to calm their body and mind while learning how to develop muscles and balance through physical postures. Emily has collaborated with Steve Wolf on Yoga Nidra for Children a CD compilation of engaging yoga nidra-based stories designed to help children deeply relax their mind and body. Emily holds both Bachelor's and Master's degrees from Loyola University Maryland

Megan Lynch



Megan is a sophomore at Salisbury University, majoring in elementary education. She plans to become certified as both a public school elementary teacher and an Irish dance teacher. Megan loves working with kids and despite her young age, has extensive experience in the field of education. She has completed internships in both the elementary classroom and in the special education field. Additionally, she taught preschool ages 4-6 for multiple years. Megan has completed two years of college field placements in the elementary classroom where she had the opportunity to observe, co-teach, and teach lessons without supervision. Megan actively assists with teaching Irish Dance to students of a variety of ages and has completed 10 of the 12 prerequisite tests for certification. She looks forward to completing her education and to having a classroom (and dance studio) of her own one day.

**Crofton Yoga
Summer Camp Application
Ages 5-12**

name: _____

address: _____

city: _____ state: _____

zip: _____ phone: _____

e-mail: _____

parent/guardian name: _____

child's age: _____

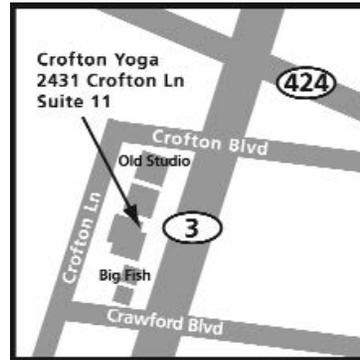
_____ 9:00am-2:00pm, \$190
(take \$10 off before 4/1, use promocode CAMPER17)

_____ Family price for two or more children, take \$15
off the 2nd and 3rd child's tuition.

register online at
www.croftonyoga.com
(once in the registration system,
go to workshops)

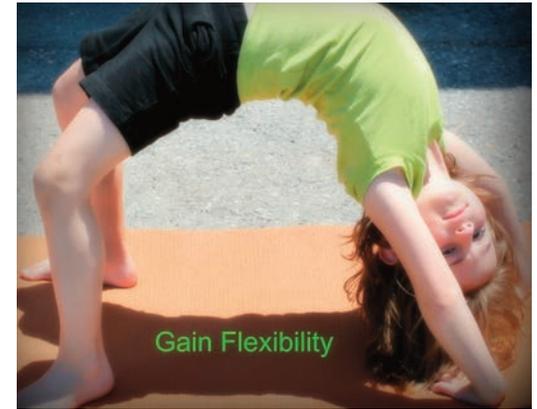
or

return this form to:
Crofton Yoga Summer Camp
2431 Crofton Lane, Suite 11
Crofton, MD 21114



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Crofton, MD 21114

410.451.1625,
yoga@croftonyoga.com
For detailed directions, go to
www.croftonyoga.com



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