



Camp Director Emily Gretz,

E-RYT500, RCYT95 brings a career in education and an entrepreneurial spirit to her role as yoga teacher and co-owner of Crofton Yoga. For over ten years Emily has been sharing her love of yoga with children and adults. She 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.

Crofton Yoga

2431 Crofton Lane, #11
Crofton, MD 21114

Phone: 410-451-1625
E-mail: yoga@croftonyoga.com



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,

**Crofton
YOGA**

For Every Body

Kids Yoga Camp



June 18-22, 2018

Ages 5-12

9:00am-2:00pm

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Crofton Yoga Kids Yoga Camp

June 18-22, 2018

Ages 5-12

9:00am-2:00pm, \$195

- \$10 Early Bird Discount before April 1, for 1st child
- Register at: croftonyoga.com/kids-yoga
- Family member price is \$175 for 2nd, and 3rd child

Camp Activities

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

CAMP GOALS

- Through age appropriate journaling, yoga, crafts and games, campers will explore how their brains, breath, bones and muscles serve their bodies.
- Campers will enjoy a daily theme that is connected to the activities of the day.
- 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 everyday life.



Crofton Yoga Kids Yoga Camp Application

name: _____

address: _____

city: _____ state: _____

zip: _____ phone: _____

e-mail: _____

parent/guardian name: _____

child's age: _____

Ages 5-12

9:00am-2:00pm, \$195

Earlybirds save \$10 before 4/1, for 1st child

Family member price is \$175 for 2nd, and 3rd child

register online:

croftonyoga.com/kids-yoga and click "Register"

or return this form to:

Crofton Yoga

Kids Yoga Camp

2431 Crofton Lane, Suite 11 Crofton, MD 21114

Questions? emily@croftonyoga.com



Ages 9-12 Practice Yoga with Ms. Emily