



Camp Director Emily Gretz,

E-RYT500, RCYT95, YACEP

brings a career in education and an entrepreneurial spirit to her role as yoga teacher. For fifteen years Emily has been sharing her love of yoga with children and adults. She is passionate about yoga's benefits and is excited to share them with people of all ages and skill 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 Kids of All Ages, 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



Crofton Yoga is a locally owned and operated yoga studio offering classes, workshops and advanced trainings for Every Body. We are active members of the **Crofton Yoga Community**. We affiliate with **The Pranakriya School of Yoga Healing Arts** bringing these traditions to the forefront of our teaching and your practice.

**Crofton
YOGA**

For Every Body

Kids Yoga Camp



June 27-July 1, 2022

Ages 5-12

9:00am-2:00pm

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Crofton Yoga Kids Yoga Camp

June 27-July 1,
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Ages 5-12

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

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

Camp Activities

- Age Appropriate Yoga Classes
- Craft Projects
- Open Gym with Imagination, 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.



"Open Gym" Fun!

- 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, and yoga postures, and how they can use them 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, \$

Early-birds save \$10 before 4/1, for 1st child

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

register online:

croftonyoga.com

or return this form to:

Crofton Yoga

Kids Yoga Camp

2431 Crofton Lane, Suite 11 Crofton, MD 21114

Questions? yoga@croftonyoga.com



9-12 year-olds balancing