

H.I.P. Yoga Camp!



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*Happy, Inspirational, Peaceful Yoga
A Camp for Students Grades K- 5th Grade*

Taught by:

Kimberly Borin, Ed.D., RYT

Millie Wingler, MA, CYT

Please join us for this exciting yoga camp for students.

We will celebrate Wellness, Intelligence and the Arts over a three week period.

Please see details and session information below.

DATES:

July 11-15, 9:00-11:00 am - H.I.P. Yoga - Celebrating Wellness for Students - We will cover simple nutritional tips as well as yoga poses to strengthen the mind, body, and spirit.

July 18-22, 9:00-11:00 am - H.I.P. Yoga - Celebrating School Smarts - We will share simple strategies for strengthening focus and concentration as well as poses to support core and handwriting strength.

July 25-29, 9:00 - 11:00 am - H.I.P. Yoga - Celebrating the Creative Arts - We will explore creativity through writing, acting, and simple crafts as well as poses to breathe life into our dreams.

LOCATION:

Union Township Elementary School, 149 Perryville Road, Hampton, NJ 08827

<http://www.uniontwpschool.org/Domain/155>

QUESTIONS:

Millie Wingler at: mwingler@uniontwpschool.org or

Kimberly Borin at: storiesofourown@me.com

FEE:

\$150.00 per week. *Discount for siblings - see website!*

TO REGISTER:

See the link on the PTA page: <http://www.utspta.org>

Registration ends May 27, 2016.

We can't wait to see you! :)