



Storybook Yoga Summer Camp



Ages 4-8



Week of August 3rd-7th from 1:00-3:00pm



\$150 per child (Registration includes all materials & snacks)



St. Mark's Episcopal Church in Mendham, NJ 07945

Calling all little yogis and yoginis! Explore the magical world of yoga through storybooks. Each day, children will go on a magical journey to Storybook Land! Children will use their yoga mats as magic carpets and go to faraway places such as the Jungle, Under the Sea, the Farm, Superhero Universe, and even Outer Space! In this camp, children will explore a variety of fun yoga poses, breathing exercises, and relaxation techniques that will help strengthen their bodies and quiet their busy minds. Children will also play yoga games, create fun yoga crafts and eat healthy snacks all while learning about the ancient practice of yoga!

Registration Deadline-July 30th

Contact: Sandy Szeluga @ littlewarriorkidsyoga@gmail.com

(908) 499-7118

