

YOGA & MEDITATION MAGIC KIDS SUMMER CAMPS

Register early and seize this truly unique opportunity to learn and experience authentic yoga and meditation in fun ways! Classes are designed to enhance self-awareness and self-management, balance mind and body, develop concentration, relaxation and visualization through practicing safe and intelligent yoga. Students will also hear about the lives of great yogis, the history of yoga, create art, ask questions and much more!

June 27 – July 1, 2010 (Session 1 Monday through Friday)

10:30a.m.-12:30p.m. (Youth: ages 8-12)

12:45-2:45p.m. (Teens: ages 13-17)

July 4 -July 8, 2010 (Session 2 Monday through Friday)

10:30a.m.-12:30p.m. (Youth: ages 8-12)

12:45-2:45p.m. (Teens: ages 13-17)

July 11 -July 15, 2010 (Session 3 Monday through Friday)

10:30a.m.-12:30p.m. (Youth: ages 8-12)

12:45-2:45p.m. (Teens: ages 13-17)

August 1 – August 5, 2010 (Session 4 Monday through Friday)

10:30a.m.-12:30p.m. (Youth: ages 8-12)

12:45-2:45p.m. (Teens: ages 13-17)

Fees:

\$159.00 before May 15, \$189 after per person per week

5% discount for 2 people from the same household

Convenient Location:

1904 Federal Blvd.

Ann Arbor, MI 48103

Classes will be instructed in small groups (6-12 students)

by Yoga Master & ESL Teacher Ema Stefanova, M.A. E-RYT500

REGISTER ONLINE at www.YogaAndMeditation.com

QUESTIONS? Call 734-665-7801, e-mail EmaStefanova@cs.com