

Multi-age Hula hoop & Yoga camp 2017



Welcome to camp!

Your camp educators are Miss Stephanie former Swans educator at the Grant Park campus and Miss Ina Cabbagetown Naturalist.

The benefits of doing yoga with children are immeasurable! Improved concentration, positive self-image, spatial awareness, empathy for all living things, and ability to manage stress are just the beginning of what your child will take away from consistent yoga practice.

Weather permitting, we will spend our mornings in Grant Park where we will move our bodies in the way of animals, go on imaginary adventures, and practice guided meditations.



We will craft our own hula hoops, using recycled materials, and use them as props in a variety of cooperative games. We will all so explore the ways in which we can use the hoop as a partner in our own expressive dance.

Things to remember:

- We will take a field trip to the park every day. Please sign all of the field trip forms on the very first day of camp to avoid complications later.
- Please send your child to camp with a fresh application of both sunscreen and bug spray.
- Bring a labeled water bottle.
- Your child will be most comfortable in breathable, stretchable clothing.

Thanks for reading! We look forward to an inspiring and magical camp!
Miss Stephanie and Miss Ina