

# KIDS YOGA CAMP

Children at this age are going through a lot of changes. Their bodies are changing, they are gaining more responsibility, friendships deepen, and they are in the beginning stages of their “tween” years. The objectives of this camp are:

- Teach students about nature, geography, and culture across the continents.
- Grow students’ confidence.
- To improve concentration, balance, and coordination.
- To promote a healthy body.
- To engage students in an all-inclusive activity that is not competitive.
- Teach students how to manage stress through breathing.
- Introduce students to mindfulness.
- Teach students through song and stories.

This camp will be driven by the yoga program called **Cosmic Kids**. It engages students by telling stories, singing songs, and playing games that incorporate yoga poses. There are 11 lessons provided by Cosmic Kids that target specifically the “tween” age (8 to 12 years old) that I will use as a resource. In these lessons, students will travel the world using yoga postures to learn about nature, geography, and culture across the continents. Along with the lessons and storytelling, we will play yoga games that promote focus and increase productivity.

**When:** 2<sup>nd</sup> Grade June 11<sup>th</sup> – June 14<sup>th</sup>  
3<sup>rd</sup> Grade June 18<sup>th</sup> – June 21<sup>st</sup>

**Time:** 9:00 a.m. – 11:30 a.m.

**Where:** PVE Gym

**Who:** Yorktown Students in  
2<sup>nd</sup> and 3<sup>rd</sup> Grade

**Cost:** \$65 (Includes a pair of yoga socks and Kids Yoga Camp T-Shirt)



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For questions, please  
contact Miss Keeley  
[tkeeley@yorktown.k12.in.us](mailto:tkeeley@yorktown.k12.in.us)

\*Registration and money  
due by Friday, May 4<sup>th</sup>.

Camper's Name: \_\_\_\_\_

Grade: 2<sup>nd</sup>  Monday, June 11<sup>th</sup> – Thursday, June 14<sup>th</sup>

3<sup>rd</sup>  Monday, June 18<sup>th</sup> – Thursday, June 21<sup>st</sup>

Shirt Size:

Youth Small

Youth Medium

Youth Large

Adult Small

Adult Medium

Adult Large

Who will be picking camper up: \_\_\_\_\_

Phone #: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Phone #: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

Phone #: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_



**\*\*Please enclose the camp fee with registration form. Make checks payable to Tiffany Keeley. All registration forms and money are due no later than Friday, May 4<sup>th</sup>! Forms can be returned to the office at Yorktown Elementary School or Miss Keeley or the office at Pleasant View\*\***