



# GIRL TIME YOGA CAMP

Girls 8 - 13 years

**Typical Day at Camp:**  
Gathering & yoga class  
Main adventure activity  
Craft project or journaling  
Games & discussions  
Closing activities & relaxation

**Sample Activities Include:**  
Doodlebugz - jewelry making  
Outdoor group mandala  
Professional hooping class  
Naked Plates - pottery project  
Black Belt Academy - self-defense  
Story Telling / Performance  
Indoor Ascent - rock climbing  
Service learning project  
Outdoor games & eco topics  
Daily yoga & relaxation  
Yoga share show!

Girls will discover their inner beauty and strength through yoga and discussions, team building, art, music, writing, eco-topics, rock wall climbing, performance, and more!

**August 16 - 20**  
**9am - 12:30pm**  
ChildLight Yoga Studio  
Dover, NH  
**\$170**

**"No one can believe all the fun, unique activities you packed into just one week."**

**"...instilling wonderful values and lasting memories."**

**"Her only complaint was that it was just one week!"**

**Register online:**

**[www.childlightyoga.com](http://www.childlightyoga.com)**

**603-781-3323**