

"Yoga Camp for Kids" Class Descriptions

S.N.A.C.K. Class: Snack is a program developed by Heidi. It stands for Sound Nutritional Awareness Class for Kids. Each day, camp participants will learn about good food for their bodies, gain an understanding of your foods and our moods, and discover how to make easy, tasty, fun, and most importantly, healthy snacks. In an age where childhood diabetes is on the rise, and the media pressures everyone to be thin, this class teaches children what it means to be truly healthy.

Yama/Niyama Craft Class: This class teaches children about the yogic yamas, or universal truths. As each child learns about the five yamas- **non-violence, truthfulness, non-stealing, moderation and non-possessiveness**- they get to create crafts that are fun and serve as a gentle reminder of these observances. **The Niyamas** class is geared to the older children in the group- 8-12 year olds. As children enter this stage of their development, the niyamas are helpful in focusing youngsters on their personal growth. The five niyamas are: **purity, contentment, effort or discipline, self-study, and surrender or devotion**. The children will create crafts that are light-hearted, fun, and gentle reminders of how amazing they are and will continue to be as they grow.

Color Me Yoga ™- A unique program developed by Marsha Therese Danzig, M. Ed, RYT, KYTA, that teaches children the ancient healing art and science of yoga. "Yoga" means union. In this class, children will learn how to create a union with their bodies, minds and spirits. Class activities help children find joy in the present, and grace in motion. Campers will learn song, creative movement (expressive dance) and yoga games; in addition, they will learn how to breathe effectively for stress reduction. Most all of the yoga postures in this class are nature-centered: cobra pose, the mountain, the camel, the fish, and many more.

Song Development/ Drumming Instruction: Miss Astrea will teach the children songs that educate campers about honoring and respecting others and the environment. In drumming instruction, Miss Astrea will teach children how to play rhythms on the Dumbek hand drum.

For more information on the classes, please contact Heidi Audet @heidiaudet@gmail.com