

Camp



Kids Yoga Guide
Namaste and Play

Gratitude



Kids Yoga Guide Camps consist of mindfulness, yoga movements, and relaxation, as well as art, storytelling and more with equal time in the yoga studio and outside. We explore values such as confidence, health, peace, respect.

Camp Gratitude is 9 am - 4 pm ~ Monday to Friday
Mudra Yoga Studio ~ 560 S Holly St Denver CO 80246

Aug 5 th - 9 th and/or Aug 12 th - 16 th
5 - 8 yrs & 9 - 15 yrs (Mentor/Apprentice Program)

Let them enjoy their summer with games,
FREE Time and TONS of FUN!

Detailed schedule online

Special sessions at

Colorado Academy

July 1st - 5th (Only 4 days)

Yoga & Mindful Arts & Crafts

12:30-3:30pm Grade 3-5 th

Mindfulness & Yoga

July 8 - 12th & July 15 - 19th

12:30-2pm 5-8th Grade

2-3:30pm K-4th Grade

Register
Camp
Gratitude.Net

415-475- YOGA
Camp@KidsYogaGuide.com