

Your kids will learn The Way of the Turtle through an exciting and fun workshop experience. A special workshop for kids involving arts/crafts, mindful movement yoga, some learning, and a lot of fun. While your kids are off having fun and learning, parents use this time to your advantage and practice with us. In conjunction with the Kids Yoga Retreat session we will be holding outdoor "grown-up" yoga – Relax, and restore your mind, body, and spirit.

This four week camp meets every Wednesday (Dates July 9th, 16th, 23rd, 30th) Starting July 9th through July 30th 9:30am – 11:00am. Grown-ups yoga begins 9:50am – 10:50am. This outdoor camp is going to be held at the Wagonhouse Winery 1401 Rte 45, Swedesboro, NJ 08085.

The Way of the Turtle Yoga Camp is for kids 4-11 years old and costs \$15 per session per child with a per family maximum of \$25 per session for multiple children. So bring 2 or more of your kids and all you pay is \$25. Parents your cost is the cost of a regular class \$15 drop-in or use one of your multiple session packs as you would for our regularly scheduled classes.



## 856-975-0789

Go to pinklotusnj.com/way-of-the-turtle or scan to register