

Children's Yoga Camp

Take One!



Activities Include:

- Yoga class
- Stories
- Music
- Snack
- Games
- Art



At Springstone Yoga

2 Sessions, each one week

June 7-11 & June 14-18

1PM—3 PM

\$90 per child per session

Ages 4-11

For more information, or to enroll your child, call or email Beth at (706) 331-4631

beth_novian_hughes@yahoo.com

Or complete the attached enrollment form



Beth Novian Hughes, RYT



Beth has been studying yoga since 2005. She completed Her RYT-200 certificate with Elizabeth Rogers. She is currently working on her RYT-500 certification under the guidance of Stephanie Keach. She is also certified in Radiant Child children's yoga (RYCP-2), and Prenatal Yoga. She is a Licensed Brain Gym® Instructor, a member of the Sound Healers Association, and a member of Storytime Yoga's League of Yogic Storytellers. She has a Bachelor's and a Master's Degree in Education. She has studied with Ranjani Cobo, Gina Minyard, Shakta Kaur Khalsa, Sydney Solis, Paul Dennison, and Jonathan Goldman. She teaches yoga to

children as well as adults, incorporating Brain Gym® and sound healing into her teaching. Beth has been married for over 26 years and has two grown daughters as well as three cats and a dog. The main thrust of her life has always evolved around five main subjects music, education, spirituality, fitness and technology. These subjects come around cyclically slowly unraveling their true meaning and place in her life. www.bethnovianhughes.com

SpringStone
YOGA

706 767 0885

healthy body ~ calm mind ~ inspired life

405 1/2 Broad Street
(Above SmartyPants)

www.springstoneyoga.com

Flip Over!

Namaste'

Yoga Camp Enrollment Form

2 Sessions: June 7-11 or 14-18

Please complete and return

with tuition of \$90 to

Springstone Yoga

405 1/2 Broad St.

Rome, GA 30161

Thank you!

You will be notified if there is space left in the camp by phone

Circle Session desired: June 7-11 June 14-18

Parent's Name _____

Child's Name and age _____

Address _____

Phone _____

Email _____