

Yoga Fun!

Camp for Girls Ages 9-11

This camp will focus on
the five principles of
Yoga Calm®:

**Strength, Community,
Stillness, Grounding,
and Listening.**



June 21st - June 25th
11:00am-12:15pm

at the
Portland Yoga Studio

\$75

With Yoga as the
foundation, the girls
will develop
kindness,
compassion,
friendship and a
positive self-image.



**CERTIFIED
INSTRUCTOR**

Theresa Maré
mares@spiritone.com

To register, contact the instructor.
mares@spiritone.com

Portland Yoga Studio
7817 SE Stark St.
Portland, OR 97215