

Registration Information

Please note campers package including additional registration info, directions, packing guide and more will be provided by email to each registrant.

Camper Name; _____

Address Information; _____

Birthday; MMM/DD/YYYY M F

School & Current Grade; _____

Parent Information; _____

Email contact; _____

Additional Information;

Overnight Camps - Weekly fee is \$600 +tax - Age 9-13yrs.

Includes room, board, all food and activities. A non refundable deposit of \$200 is required to reserve your space. Space is limited to 12 campers per week.

**A portion of each campers registration goes to Standing Up - An organization dedicated to empowering young women through mentorship and education.

- Sunday July 18 3pm (drop off) - Saturday July 24th 2pm (pick up) ,2010
- Sunday August 15th 3pm (drop off) - Saturday August 21st 2pm (pick up) ,2010

Day Camps - London Weekly fee is \$225 + tax - Ages 4-7 & 8-13yrs

July 12-16th, 2010. Drop off is 9am & pick up is 4pm. Early & late pick up is available.

A non refundable deposit of \$50 is required to reserve your space. Space is limited.

Day Camps - Ailsa Craig Weekly fee is \$200 + tax Ages 6-13yrs

August 9th-13th, 2010. Drop off is 9am & pick up is 4pm. Early & late pick up is available.

A non refundable deposit of \$50 is required to reserve your space. Space is limited.

Payment can be mailed to OSOYoga, 141 Main Street, Ailsa Craig, On NOM 1A0 or credit card payment can be made by phone.

For more information, please email

tina@osoyoga.com or call us at

519-293-3686



OSOYOGA

OM SWEET OM • YOGA CENTRE INC

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www.osoyoga.ca

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OSOYOGA Day & Overnight Summer Camps Info & Registration



Give your child the experience of a lifetime with our day and overnight Yoga camps. Experience health and wellness first hand with Yoga, Meditation, Breathing Exercises, Intro to Nutrition and the body, Garden Fresh Foods, Games, Fresh Air and so much more in a fun and creative way.



Om Sweet Om
YOGA CENTRE

More information on our camps!

Although Yoga is traditionally practiced by adults as a form of exercise, kids are intuitively drawn to yoga as a form of physical self expression as well and an access to understanding the world and all the joy, peace, compassion and love that it has to offer. At OSOYoga we believe that Yoga is for EVERYONE including kids and with our kids camps, your child can experience the amazing health and wellness benefits yoga has to offer and have a great time doing it.

As part of our program, we want your kids to be excited about their bodies and minds and will play games and provide information on how the body works and how they can feel great and get the most out of life.

Location

Our day camps are held at our Ailsa Craig and London Studios.

Ailsa Craig - 141 Main Street

London - 509 Commissioners Rd W at the corner of Commissioners & Wonderland Rd S.

Our overnight camps are held at a spacious 97 acre farm 20 mins NW of London.

Benefits

If you are looking for any of the following, our camps are perfect for your child!

Improved self esteem and determination

Better focus and concentration

Increased flexibility/mobility and strength

Better coordination and awareness

Increased ability to manage stress

Improved overall health and well being



Our overnight camps will provide the following additional benefits;

Decrease in digestive problems including constipation, potential decrease in stress related conditions including insomnia/poor sleeping patterns, some forms of asthma, some forms of eczema/psoriasis and ability to assist with some weight management issues.

Schedule

Regardless of the camp, Yoga will be practiced twice daily along with goal setting workshops, understanding they body systems, basic nutrition, crafts, games and outdoor activities wherever possible. For more information on the schedule for your camp, please contact us.

Meals

No food will be provided for day camps. For overnight camps, meals will include a wide range of healthy grains, seasonal garden fresh fruit and vegetables including:

Organic lettuce, spinach, peas, beets, corn, beans, carrots, broccoli, cucumber, eggplant, kale, swiss chard, peppers tomatoes and more.

Campers will be actively involved in caring for the food, harvesting and preparing meals.

*Please notify us of any food allergies or dietary restrictions in the additional information section of the registration.



What to bring

More information will be provided in campers package.

Teacher Bios



Tina is the principal teacher and founder of OSOYoga and has been practicing yoga for 9 years and teaching for 5. Her teaching includes classes at many of the local high schools and public schools throughout the city as well as family classes at the studio. She has also led special children's events and loves getting people of all ages excited about their body and their possibilities as a human being.



Sabra has been practicing yoga for 13 years and in her five years of teaching, she has shared yoga with people of all ages in Canada and the U.S. Her teaching includes Retreat Centers, Nursing Homes, Studios, Schools, Parks, Beaches, Community Fitness Centers, and Private Classes. She has staffed and assisted with numerous teacher training programs Internationally and has been teaching children at Kids Camps for the last 3 years.

Tina and Sabra love teaching yoga to children and youth and seeing the amazing impact it can have on their lives. We look forward to having you join us this summer!