



5209 ST. MARGARET'S BAY ROAD SUITE 205, UPPER TANTALLON, NS 902-820-YOGA

# SUMMER YOGI CAMP

July & August  
2017

## Summer Yogi Fun!

Another summer is just around the bend and we are very excited to be launching our Tween Yogi and Summer Yogi Camps again this year!

We have action-packed weeks of yoga, dance, jewelry design, nutrition, skin care, meditation, special Glow in the Dark classes, guest visits, local trips, connections with nature and more!



### General Information

Our summer camp program will run from 1:00 – 5:00pm, Monday to Friday.

Tween Yogi Camps are designed for tweens aged 10-14 years old and Summer Yogi camps are designed for children 5-9 years old.

### Rates

\$119 / week. A 10% discount is available to families who book more than 1 child. Fee includes all activities - a nutritious snack and refreshments each day, cooking, gardening, and jewelry supplies, pool entry fees, tie-dye t-shirt supplies, and specialized craft materials.

### Registration

Registration opens April 1<sup>st</sup> and is based on a first come, first serve basis. **Our camps are limited to 12 participants** (excluding Jr. Leaders) so that we have an excellent 1:6 leader to participant ratio.

Register by sending your form to Fran at [tantallon@breathingspaceyogastudio.ca](mailto:tantallon@breathingspaceyogastudio.ca). We accept cash, e-transfer, debit, Visa or MasterCard payments.

### Rails To Trails

We are so excited to be located just a hop, skip and a jump away from the SMB Rails to Trails so that we can geocache, do scavenger hunts, and connect with nature for even more adventures.



[stmargaretsbaytrails.com](http://stmargaretsbaytrails.com)

**Dates**

Week #1 July 10-14

Week #2 July 17-21

Week #3 Aug 14-18

Week #4 Aug 21-25

**Age Group**

Summer Yogi Camp for ages 5-9 yrs

**Tween Yogi Camp for ages 10-14 yrs**

Summer Yogi Camp for ages 5-9 yrs

Summer Yogi Camp for ages 5-9 yrs

\* Activities may vary slightly based on weather or programming changes

## Snacks

A healthy afternoon snack (nut-free) will be provided for all campers.

On Tuesdays we'll head down to the Tantallon Farmers Market to pick our own snacks from our local fresh marketers.

Please keep in mind that Yogi Camp is a **nut-free program**. Please be diligent about this.

Please make sure all allergies are listed.



## Daily Activities

*Each week, Summer Yogis will have many fun and exciting activities to choose from over the summer*

- Kids Yoga
- T-shirt tie-dyeing
- Nia Dancing
- Parachute games
- Hiking on the SMB Trail
- Visits to the SMB Centre outdoor pool
- Games and sports on our outdoor green space
- Art Projects including jewelry design
- Gardening
- Water relays and games
- Even on rainy days kids can participate in lots of indoor activities at Breathing Space!

Our **FUN Fridays** will allow kids to be creative by coming to camp in a white shirt, shorts or other light clothing for glow in the dark yoga and games.

### Each day your child is asked to bring:

1. A bottle of water
2. Hat and sunscreen (sunscreen can be supplied at the beginning of the week and left on-site)
3. Sneakers and socks



# Rules

We want to help our campers build self-confidence through yoga, dance, art and other creative endeavours.

All of us at Yogi Camp are looking forward to bringing our campers an exciting and rewarding summer camp experience!

## Drop Off & Pick Up

The only person who will be permitted to pick up your child from camp is the person(s) indicated on the **contact form**. Upon departure, each child is required to be signed out by their parent/guardian.

\* If someone else is picking up your child, we require a written note signed by a parent/guardian and the person must show I.D. when they arrive.

## Sunscreen

Staff members are not permitted to apply sunscreen to children. Campers will buddy up and assist each other in the application of their sunscreen while staff will provide supervision to ensure everyone gets good sunscreen coverage.

## Allergy Alert

Our camp will be a peanut and scent free zone due to many staff and participant allergies and we request your assistance in this matter. Please do not send food that contains any type of nuts.

## Lost & Found

All items left at camp will be held at Breathing Space in the Lost & Found section. Lost & Found items not claimed will be donated to a local charity on August 31st. Please label all of your child's belongings so that if something

gets lost it has a better chance of being returned.

## Proper Clothing

Please bring proper shoes for movement during outdoor play. **Fip-Flops are not allowed**. Children who arrive at camp in flip-flops will not be permitted to participate in outdoor running games.

## Registration Dates & Details

Registration opens April 1<sup>st</sup>

You can register in person via email with e-transfer deposit or on-site at the studio during Breathing Space business hours a half hour before and after all classes.

A **complete registration form (below)** must accompany any registration.

## Payment Options

1. Pay in full at time of registration
2. Pay \$50 deposit at time of registration and have remaining balance paid the first day of camp. Payment at time of registration can be paid with cash, debit, Visa or MC.

## Discounts

By purchasing two or more weeks of camps, you will receive 10% off the total camp price. This discount is also applicable if you have two or more children. Discounts cannot be multiplied.

## Refund Policy

You must cancel your registration **three weeks prior to the camp start date** that you are requesting withdrawal from to be eligible for a refund (exception: medical reason with supporting documentation).

Refunds will be processed within 2 - 3 weeks of initial request. All refunds are subject to a \$25 administration fee. Deposits are also subject to the \$25 administration fee. Income tax receipts will be issued once all payments have been received.

## Behaviour

**Inappropriate behaviour** including, hitting, use of bad language and or other disruptive behaviour will NOT be tolerated. Campers who do not behave appropriately will be given one written warning. If there is a 2nd occasion the camper will be expelled with no refund.

No electronic devices are permitted during camp hours.

### JR LEADERS

Children age 15 can apply to be **Jr. Leaders** and can attend camp at no charge in exchange for assisting leaders with the younger children. If you have a child who would like to be a Jr. Leader, please indicate this on the registration form and we will contact you to confirm the final schedule and other details.

### CONTACT INFORMATION

Fran Dunn – Breathing Space Yoga Studio 902-820-YOGA

[tantallon@breathingspaceyogastudio.ca](mailto:tantallon@breathingspaceyogastudio.ca)

[BreathingSpaceYogaStudio.ca](http://BreathingSpaceYogaStudio.ca)



# Our Team



## Fran Dunn

The owner of Breathing Space Yoga Studio, in Tantallon, she was introduced to aspects of yoga during a prenatal class. As a mom, she recognizes the value of providing children with tools to find self-love, resilience, and connection.

She enjoys teaching many of the studio's specialty classes including Core Yoga, Vinyasa Yoga and Tween Yoga Club. Fran is very excited about sharing yoga with our children in the Bay.



## Marisa Mota

Marisa joins our Breathing Space family about to complete her sociology degree at Dalhousie University. She is a dedicated athlete and inspiring young woman in her fifth year on the Tigers Women's Volleyball team.

She is a respected coach and yogi and brings a fun, fresh approach to camp.



## Maureen McDonald

Maureen is a certified Nia White Belt teacher. Nia is an exhilarating movement practice done barefoot. A wonderful blend of Dance Arts (Duncan, Jazz, Modern), Martial Arts (Tai Chi, Tae Kwon Do, Aikido) and Healing Arts (Yoga, Moshe Feldenkrais, Alexander Technique) done to inspiring modern and ethnic music.

It's a fun music and movement class suitable for everyone!

# SUMMER YOGI 2017 REGISTRATION FORM

Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Other Phone: \_\_\_\_\_

E-mail (Home): \_\_\_\_\_

Please email me with information about special events/classes at Breathing Space Yoga Studio  Yes  No thanks

Health Card Number (optional): \_\_\_\_\_ Exp: \_\_\_\_\_

The activities at Breathing Space include running, jumping, yoga, dance, and swimming. Does the participant have any physical, emotional or behavioral limitations that would require assistance in order for him/her to participate fully? Please circle: Yes / No  
If yes, please state particulars: \_\_\_\_\_

Are there any instructions for staff regarding the participant's health care and/or diet? Please circle: Yes / No  
If yes, please explain: \_\_\_\_\_

Does the participant have any allergies to food, insect bites, medication or other items? Please circle: Yes / No  
If yes, please list details: \_\_\_\_\_

Are there any medications that the participant should carry themselves (eg asthma pump, Epi-pen)? Yes / No  
If yes, please list details: \_\_\_\_\_

Any medication required by a participant (over the counter and/or prescribed) must be clearly labeled with his/her name and must be in the original packaging with dosage instructions. Staff members will not give participants medication unless it is provided directly by parents/guardians with clear instructions. In the event of an emergency, Breathing Space staff will call 9-1-1 and request the assistance of emergency medical services as needed such as EHS, police or the fire department.

I hereby authorize a Breathing Space staff member to secure medical advice and/or other emergency services (eg contacting EHS/ambulance) as necessary for the health and safety of my son/daughter. I agree to accept financial responsibility in excess of the benefits allowed by my provincial health plan.

Signature of Parent or Guardian \_\_\_\_\_ Date: \_\_\_\_\_

Check the boxes below for dates your child will attend camp:

	<b>Week</b>	<b>Dates</b>	<b>Rate</b>	<b>Age Group</b>
<input type="checkbox"/>	Week #1	July 10-14 <sup>th</sup>	\$119	5-9 yrs
<input type="checkbox"/>	<b>Week #2</b>	<b>July 17-21<sup>st</sup></b>	<b>\$119</b>	<b>10-14 yrs</b>
<input type="checkbox"/>	Week #3	Aug 14-18 <sup>th</sup>	\$119	5-9 yrs
<input type="checkbox"/>	Week #4	Aug 21-25 <sup>th</sup>	\$119	5-9 yrs

Sub-total \$ \_\_\_\_\_  
\$ \_\_\_\_\_ (-) \*10% Multi-week discount for booking 2+ weeks or 1 or more children.

**HST (15%)** \$ \_\_\_\_\_

**Total** \$ \_\_\_\_\_