

# Make + Move

art + yoga  
summer Camp

Join Dandelion and Buddha Belly Kids Yoga for...

## Make + Move Art and Yoga Summer Camp

Art + Yoga summer camp provides a fun, safe, relaxing and supportive space for pre-teens and teens to express themselves while they build self-confidence, learn coping skills and feel a sense of belonging among their peers!

Monday - Thursday  
June 20th-23rd  
10-12 pm  
Ages 8-12 years

Monday - Thursday  
June 27th- July 1st  
10-12 pm  
Ages 13-15 years

\$200 per camper

No art making experience needed!  
(includes all materials)

### Why art + yoga summer camp?

- increase body and mind awareness
- increases self-esteem
- promotes concentration and focus
- make peer connections
- promotes healthy coping skills
- it's fun!



TO REGISTER  
CONTACT  
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