

YOGA CAMP

Kids, Tweens and Teens, ages 8 to 18

Session One: June 5 through 8

Session Two: June 12 through 15

\$295 (early bird pricing) online at: <https://campscui.active.com/orgs/AdvantageRanchLLC>



Studies show that kids who learn a basic yoga practice do better in school and experience less anxiety. Yoga provides physical health benefits and gives access to inner peace.



In **Advantage Ranch Yoga Camp** each day will offer twice daily yoga class in the tent with fabulous Yogini Morgan Stoevener. Class offers a practice of stillness, followed by physical stretching and balance postures, with a wrap up in group reflection and inspirational readings. And there will be great time in the out of doors in walking meditations, time to relax and plenty of fun. Participants may explore the labyrinth and have the opportunity to explore relationships at the Ranch, with animals (horses and cats) and the natural world. Each participant will have the opportunity to invite a family member to join in for a class, building a family experience of a Yoga life.



YOGA TENT provides a quiet space of serenity for our yoga classes. Just one of the spaces we get to play in at camp.



ONLINE REGISTRATION

<https://campscui.active.com/orgs/AdvantageRanchLLC>

More information about Advantage Ranch LLC is available on the web at www.advantageranch.com

Contact: Deb Dyer at 540-230-5698 or debdyer@advantageranch.com
Or Morgan Stoevener, Yogini, morgans@vt.edu

Ranch is located on north side of Blacksburg. 5 miles from VT Campus



Advantage Ranch and Retreat Center
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