



AWAKENINGS SUMMER CAMP ARTS & WISDOM



developing confidence, compassion & creativity

Awakenings Yoga Studios offers two innovative sessions for our community's kids to expand and integrate self worth and the arts. Expert instructors guide each session to awaken the senses!



- refine communication creating your own video documentary
- self awareness through yoga, meditation and movement
- learn emotional balance with EFT techniques and breath
- music, dance and theatre
- participate in several art projects and create your self portrait
- expand to understand service with your life

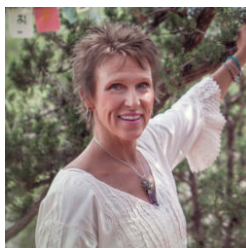
Your Choice of Two Weeks:

June 11, 12, 13, 14, 15
 June 18, 19, 20, 21, 22
 July 16, 17, 18, 19, 20
 July 23, 24, 25, 26, 27

Sponsorship Opportunities Available!

All daily sessions are 12:30-4:30 pm (4:30-5:30 optional with addl. charge)
 Limited to 20 kids per session
 Ages welcome: 7-13 Each two week session is \$560 per person

ART & WISDOM TEAM



Mally Paquette
 Yoga • Meditation
 Mindfulness



Chyna Wu
 Art • Creative
 Videography



Laura Gallerstein
 Dance • Sound
 Vibration



Joy Hammond
 Yoga • Vibrational
 Healing

Additional Team Members: **Jim Berenhotz** ~ Wisdom Earth Teachings • Musician
 and **Kathy Hartenstein** ~ EFT Techniques • Theatre

2855 Southwest Drive • Sedona, Arizona
 Contact Mally Paquette to discuss and sign up, 772-643-2742