



Orenda Yoga & Healing Arts

presents:

PEACE, LOVE . . . AND PLAY!

A SUMMER SAMPLER FOR KIDS AND FAMILIES

August 25, 2010

9 a.m. until noon

*PRE-REGISTRATION SUGGESTED, BUT NOT REQUIRED
FEE FOR THIS MORNING OF FUN: \$5/PERSON (\$15 FOR A
FAMILY OF FOUR OR MORE)*

There's lots of fun and games happening at Orenda Yoga and Healing Arts. Come join us for our celebration and sample what our fall programming will bring!

FAMILY YOGA... with Christine Carpenter (9-10 a.m.)

(for children, preschool-age and up and the adults who love them)

Let movement, laughter and love inspire your family! Experience solo and partner yoga poses, animated breathing exercises and soothing relaxation techniques. Previous yoga experience is not necessary. All ability levels will be accommodated.

ONCE UPON A STORY TIME ... with Gina Fonti (10 a.m.-10:45 a.m.)

(young ones—preschool to early elementary-age)

In this active story time, we will read a story and then act it out, becoming the characters, using our bodies, voices and imagination!

ACT OUT THE (BLANK) ... with Gina Fonti (11-11:30 a.m.)

(upper elementary-age children)

"Mad Lib" style- theater! Classic stories retold. You fill in the story and then act out your creation!

ALL THE WORLD'S A GAME! ... with Gina Fonti (11:30-noon)

(middle school-age teens)

This workshop is all about creating! Lots of Improv games to develop your creativity and quick thinking skills! The pressure is off, because no choice is wrong!

YOGA DANCE PARTY... with Christine Carpenter (noon)

(all ages)

With Bollywood music as our soundtrack, we'll dance the bhangra (a lively Punjabi folk dance) and play with other dreamy dance and yoga moves. Scarves, bindis and glittery mendhi/henna body adornments will add to our barefoot dance party fun.

* Ages/grades are suggestions. Families are encouraged to participate with their children/teen in all of these workshops.