



# Kids Love Yoga & Fresh Foods!

**5-Day Camp: One Fun Week! Aug 2-8, 2008, 9am-2pm**

*For all kids aged 8-12*

**Kids Love Yoga & Fresh Foods! 5-Day Camp** engages kids in the fun and power of creating true health for themselves through yoga and fresh foods. Hands-on learning in a small group setting will inspire and educate kids how to treat their bodies with respect and loving care, for vibrant and lasting health and well-being.

Each day begins with an hour of yoga. Yoga is fun for children. Yoga helps develop strength, flexibility, coordination, balance, emotional poise, and self-confidence. After yoga are organic, all-raw fruit-based snacks, and crafts and/or outdoor fitness activities. Next, we prepare and share a lunch together, from fresh raw plant foods (we'll even harvest from our garden). The children experience how beautiful, delicious, natural, and satisfying these foods are. Kids work together to create their own exciting new recipes! My own children, aged 8, 11, and 15, will be with us. They love to share their joy and creativity in demonstrating techniques in our raw food kitchen. Crafts may include beadwork, mandala-making, stringwork, origami, bookmaking, and more. Each child will create his/her own special "self-care" book with yoga poses and raw food recipes.

Camp is in my beautiful yoga studio and light-filled raw food kitchen in our westside Ann Arbor home, 1801 Avondale Ave., with our own arts & crafts center, edible gardens, and a park with a play-field a block away.

**Ellen Livingston** is a registered yoga teacher, and a professional health educator and coach, kids' arts & crafts teacher, and a long-time home-schooling mom. She teaches classes and workshops on yoga and natural health. Ms. Livingston also gives regular public talks and raw food demonstrations in the Ann Arbor area.

***We invite you to join us for a one-of-a-kind, delightfully healthful, fun and memorable camp experience!***

**Kids Love Yoga & Fresh Foods! 5-Day Camp**

**August 4 - 8, 2008. Monday-Friday 9 am - 2 pm., with snack and lunch included**

**\$200 per camper, sibling tuition 20% discount.**

***Space is limited! Register now: call (734) 995-0875, or email [ellen@livingyoganow.com](mailto:ellen@livingyoganow.com)***

**visit [www.LivingYogaNow.com](http://www.LivingYogaNow.com) for more information.**