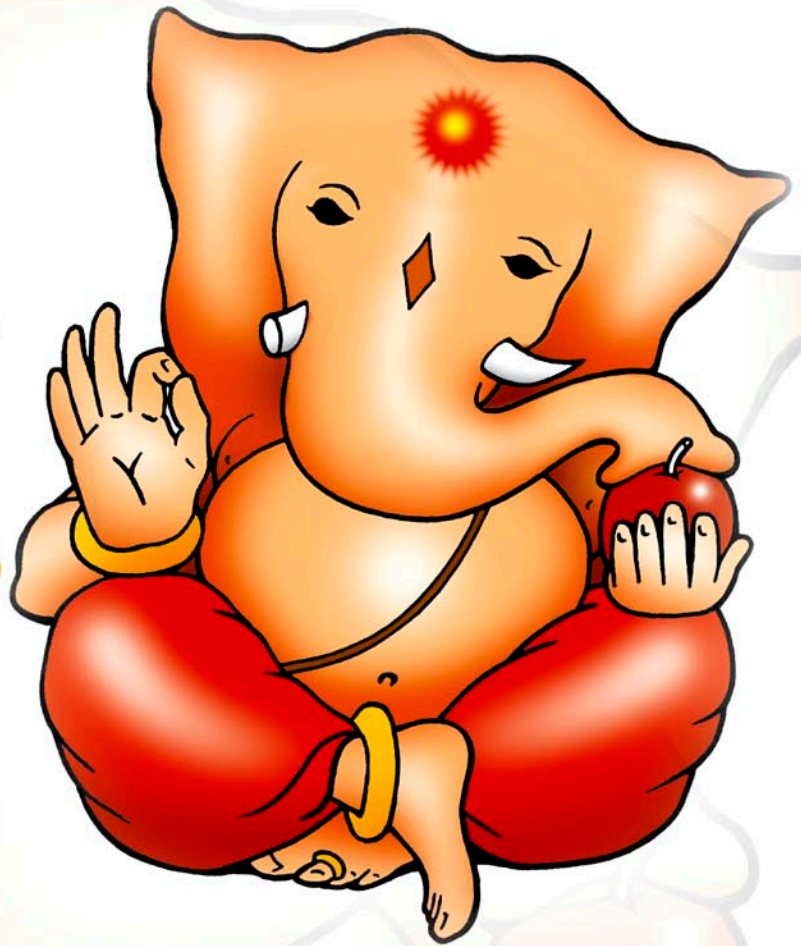




Presents

*Yoganessa™'s
Fifth Annual
Yoga Summer Camp
for Children*

*with
Anne Van de Water*



Anne Van de Water founded Yoganessa, the movement to offer yoga in the Santa Barbara Public School System 7 years ago. This program continues to grow, as yoga is being recognized to be of great value in the all around development of children today. Using voice, art, anatomy, science, metaphors and games, Anne teaches children lessons that are applied to yoga movement and practice. The importance and power of breath is emphasized to energize the body, focus the mind and open the heart in loving kindness. This practice brings calmness, balance, harmony and joy. Yoga helps children develop strong and flexible bodies while fostering a focused and attentive mind. Yoga's valuable knowledge teaches self-acceptance and will give children the ability to embrace life with courage and grace. Yoga is fun, but is also a discipline and Anne wants to encourage only those students that are devoted to regular attendance and focused study to sign up.

Monday, July 6 through Friday, July 10, 2009

Ages 5-8: 12:30-1:30pm

Ages 9-12: 1:30-2:30pm

\$75

32 E. Micheltorena St. Tel: 805.965.6045 www.SantaBarbaraYogaCenter.com

Payments for workshops are non-refundable, but may be converted into credit (minus \$10 processing fee) if cancellation is made with a minimum of 48-hour notice.