

Circle Yoga's
Budding Yogis opened in 2003

as the first and only kids yoga studio in Washington DC. Budding Yogis offers playful and mindful yoga and meditation classes to kids, teens, and families in a safe and peaceful studio space. At Budding Yogis, kids and teens come together to stretch their imaginations as well as their bodies, and find relaxation, joy and a deeper connection to life.

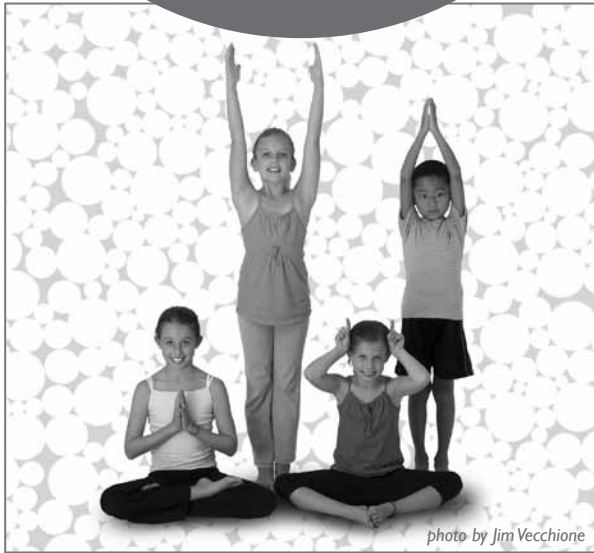


photo by Jim Vecchione

Register on-line at www.buddingyogis.com or drop off or mail the completed registration form to:

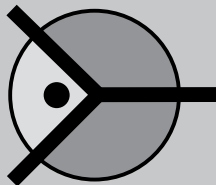


Circle Yoga & Budding Yogis
3838 Northampton St., NW
Washington, DC 20015

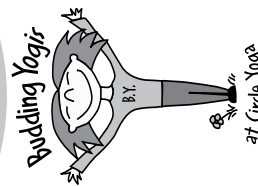
Circle Yoga
It's easy to Be here.

PRESORTED
FIRST CLASS MAIL
U.S. POSTAGE PAID
WASHINGTON DC
PERMIT NO. 179

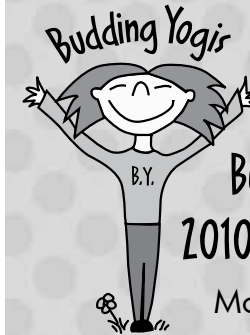
Circle Yoga, LLC & Budding Yogis
3838 Northampton St., NW · Washington, DC 20015



Circle Yoga



yoga Camp



Budding Yogis
2010 Summer Camps

Monday – Friday

at Circle Yoga

Ages 6 – 12

9 am – 3 pm

\$325/week

June 14 – 18

June 21 – 25

June 28 – July 2

July 26 – 30

Aug 2 – 6

Aug 9 – 13

Aug 16 – 20

Ages 4 – 7

9 am – 12 pm

\$200/week

July 12 – 16

July 19 – 23

Circle Yoga, LLC & Budding Yogis

www.circleyoga.com · www.buddingyogis.com

202.686.1104 · info@buddingyogis.com

3838 Northampton St., NW · Washington, DC 20015

Budding Yogis Summer Camp!

See the 2010 camp schedule on the front cover.

A typical day at Camp

- Gathering activities
- Craft activities
- Yoga
- Journaling
- Relaxation
- Lunch at Chevy Chase Park (*full day camp only*)
- Yoga Games
- Camp Songs
- Closing Activities

What we will learn

- Yoga asanas (poses)
- Yoga games
- Mindfulness and self-calming techniques
- Breathing practices
- Fun songs



FRESH
maintaining your child's natural freshness

FUN
playful, never competitive

HEALTHY
energizing, stretching, and moving

RELAXING
bringing ease and peace back to your child



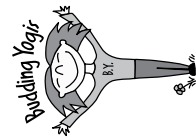
photo by Judy Licht

Yoga Camp Directors
Annie Mahon & Linda Feldman

Why Yoga Camp?

One very unique aspect of Budding Yogis camp, is the atmosphere of trust and relaxation that is created throughout each week. Because we are completely non-competitive, work in small groups and large groups, and spend time relaxing together, campers develop a friendship and trust bond with each other that is truly unique! It is a rare chance for kids to spend a week or more playing like the children they are.

Yoga can help kids bring active minds into union with active bodies and can help kids learn to calm both. It allows kids to connect with their bodies—enabling them to feel empowered and confident. Through yoga, children learn to strengthen and stretch their bodies while learning to calm themselves when they feel stressed, which they often do in today's world.



Camp Registration

Check here if any info. below is new.

Child's Name: _____ Date of Birth & Age: _____
Address: _____ City: _____ Zip: _____

Parent's name: _____
Home Phone #: _____ Cell Phone #: _____
email address: _____

Has your child taken yoga before? _____ Anything we should know about you/your child? _____

Child	Camp Dates	Fee
		Amount Enclosed or Charged to Credit Card

Signature _____ Visa / MC _____ Exp. Date _____ / _____
Name as appears on card _____ (please print)

I am the parent and/or guardian of the minor child/children named above, I have read this release and permission and fully understand its contents, and I have the full right and authority to execute this release and permission.

Printed Name(s): _____
Date: _____ Signature: _____
or Fax Credit Card Registrations to: 202.686.9293

Health. I hereby acknowledge that I have been advised to consult with my physician with respect to any past or present injury, illness, health problem, or any other condition or medication that may affect my or my child's participation in registered classes and workshops.

Photo. My child and/or myself may be photographed during classes and workshops and these photographs may appear in Circle Yoga or Budding Yogis promotional materials unless otherwise specified. No person whose photograph is used will be identified by name, nor will any compensation be extended for such use.

Scholarships. Limited scholarships are available. Please contact Gayle@circleyoga or call the studio at 202-686-1104 to receive an application.

Full refunds are provided, minus a \$50 administrative fee, if cancellations are made by May 14, 2010. Sorry, no refunds after May 14th. Please see our website for cancellation details.

A \$20 fee will be charged for all returned checks.

Register at www.buddingyogis.com or mail or drop-off Registration Forms to:

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