



Yog Sadhan Ashram

Children's Yoga Camp

Monday, July 18th to Friday, July 22nd, 2011

Camp Activities Include:

- Yoga, Pranayam and Meditation (theory and practice)
- Arts & Crafts
- Sports and Outdoor activities
- Indian Mythology & Folk Tales

Don't miss this unique opportunity for your children to learn Yoga practices and enjoy many activities with others their age in a nurturing environment!

Age Requirement:

Open to children 5 to 18 years old.

Venue:

Yog Sadhan Ashram
28W100 St. Charles Rd.
West Chicago, IL 60185-1421

Time:

1 PM to 5 PM

Registration Details

To register, please complete the following:

- Completed registration form (below)
- Signed camp policy agreement (below)
- Check made payable to Yog Sadhan Ashram (see below for costs)

Mail or bring all 3 items to:

Yog Sadhan Ashram
28W100 St. Charles Rd.,
West Chicago, IL 60185

Camp Costs

Yog Sadhan Ashram is a non-profit organization dedicated to providing the teachings and practices of yoga free of charge. However, there is a small fee of \$50 for the camp to help cover the costs of administering the program, including:

- Snack Foods
- Craft supplies
- Sport activities, supplies, etc.
- Facility expenses

Drop off/Pick up

Please drop your child off in the building to the left when you enter through the gates. Volunteers will assist with the traffic flow on the first day of camp.

Questions? Please contact:

- **Yog Sadhan Ashram:** 630-293-9554, YogSadhanAshramUSA@gmail.com

REGISTRATION FORM

Please print (use separate registration form for each child attending the camp)

Participant Name.....

Mailing Address:.....

Email:

Home Phone:.....Parent Cell:.....

Date of birth (mm/dd/yy):.....Age:.....

Parents name:.....

Daytime contact numbers for parents/guardian:.....

Food Allergies:.....

