

CAMP RASA

Summer yoga camp for children: Ages 5-12!

Yoga Rasa • 8 am – 12 pm

Ages 5-9: June 11-15
Ages 10-12: June 25-29

Registration: \$285 per week
\$225 if enrolled by 5/30
\$199 if enrolled by 4/22



Camp Rasa is a week long summer event hosted by Yoga Rasa. Children will engage in activities related to Yoga that help develop skills in focus & concentration, as well as academic enrichment.

Camp Rasa includes physical, mental & intellectually stimulating exercises using movement, music, art & global awareness.

The Benefits of Yoga for Kids

Gymnastics, swimming, dance, martial arts, basketball, soccer... There are already many choices available to parents for physical, movement-based extracurricular classes for their children. What makes yoga different? And what are the benefits for yoga for children? Yoga is an ancient science which helps to create health and well-being by building awareness, strength, and flexibility in both mind and body. Yoga for kids is a fun way for children to develop important skills in a fun, non-competitive environment. Even at a young age, children often feel pressure at school academically and socially, plus the added pressure of competitive organized sports. It is easy for girls and boys to become overly self-critical, and lose confidence in themselves as they grow and change. Yoga is a great remedy; there is no judgment in a yoga class about how a child does a pose or plays a game. Doing a pose 'perfectly' is not the aim of yoga, which nurtures a child's inner strength and self acceptance.

17226 Mercury @ El Camino & Medical Center, Suite 108
Houston, TX 77058 • 281-282-9400

www.yogarasa.net



About Your teacher:



Rhon Barras is a certified classroom teacher (EC- 4), as well as a Registered Children's Yoga Teacher (RCYT) with Yoga Alliance. She has worked as a classroom teacher for over 10 years both in the U.S. and abroad. Living abroad has given Rhon an appreciation for diverse cultures and languages. Yoga has been an integral part of all aspects of her life for 6 years. She first began teaching Kids' Yoga in 2007 at Yoga Rasa and received her 200-hour certification in July 2008. She later received her 250-hour certification and is currently studying in Yoga Rasa's 500-hour Yoga Therapy program with her teacher Tracie Brace (Padma Shakti). She completed the Rainbow Kids Yoga © teacher training in 2009 with Gopala Amir Yaffe. When she is not hanging out with her Kindergarteners or teaching Yoga, she enjoys traveling, learning languages, and most recently belly dancing.

Yoga:

- Improves strength and flexibility
- Increases self confidence and builds a positive self-image
- Increases emotional strength
- Nourishes creativity
- Helps to balance body and mind
- Teaches self-acceptance and self-love
- Increases sensory awareness and also general body awareness
- Builds coordination and balance
- Expands self-awareness, and awareness of others
- Develops self-discipline and self-control
- Helps build concentration
- Helps us to stand more erect and feel taller by supporting a long and flexible spine
- Helps kids find and build inner strength
- Fortifies all bodily systems: the skeletal, nervous, circulatory, digestive, respiratory, hormonal and muscular systems, and improves our understanding of anatomy
- Increases awareness of breathing and deepens the breath
- Is non-competitive
- Expands awareness of nature, animals and the environment
- Encourages cooperation and teamwork
- Teaches how to relax and reduce stress
- Encourages compassion, generosity, and respect
- Teaches how to find inner peace
- **YOGA IS FUN!!!!**

Above information taken with permission from the Rainbow Kids Yoga manual

Registration – Camp Rasa (Summer 2012)

Children Names/Ages/Grade Levels: _____

Children Names/Ages/Grade Levels: _____

Parent Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone Number(s): _____ Email: _____

Known Health Conditions: _____

Disclaimer

Yoga is a system of healthy exercises designed to support optimum health. The approaches described and taught in this course are not offered as cures, prescriptions, diagnoses or a means of diagnosis to different conditions. The information must be viewed as an objective compilation of existing data and research. The instructors assume no responsibility in the correct or incorrect use of this information and no attempt should be made to use any of this information as a form of treatment without the approval and guidance of your doctor. I also understand that my registration payment is non-refundable and non-transferrable.

By undersigning, I have reviewed, understand and agree to the above disclaimer.

Parent Signature