



YOGA CAMP

SAVE \$50 per week
Register by March 1st

SAVE \$25 per week
Register by May 31st

www.treehouseyogaforchildren.com
1442 Phoenixville Pike, West Chester PA 19380



Treehouse Yoga for Children offers a unique summer camp for kids ages 3-14 focused on providing the support needed to allow your child to grow into their best self. Conveniently located in the heart of Chester County, our summer camp combines the excitement of outdoor activities with the calming practice of children's yoga, mindful crafts and healthy snacks. Our counselors are experienced educators and children's yoga instructors who devote their time to helping your child learn focus, patience, self-awareness and balance.

FLEXIBLE SCHEDULE

8:30-9:00 Car Line Drop-off

- Morning Meeting
- Yoga in the trees/ craft
- Healthy Refreshment
- Mindful activity/ craft
- Nature Walk/ free play
- Yoga group/ partner poses

12:00-12:30 Pick up

12:30 Start of Full Day program

EXTENDED DAY SCHEDULE

FULL DAY OPTION AGES 5 +

12:30 Lunch

- Play on the grounds
- Skill-building activities
- Outdoor Activity (Zip line, Tree climbing, Walk the Plank, Tomahawk throwing, Archery)
- Snack / Storytime
- Relaxing Yoga

4:00-4:30 Car Line Pick-up

**Limited Spots
Available**



Children's yoga practice will be held up in the trees on their own mat designed by them. Each week we will play through the yoga themes on the mat, teaching breath work, mindful movement through posture and focus.



Healthy Snacks are provided. Campers are encouraged to try new foods with friends; fruits, vegetables, yogurt, cheeses, and much more!
SNACKS ADJUSTED FOR ALLERGIES



Mindful crafts will follow the weekly theme and will engage more than just their hands. Age appropriate crafts will focus their motor skills and their minds on an activity while encouraging creativity, respect, and confidence.

Sprouts (ages 3-5):

Maximum 12 per age group
1:7 leader/camper ratio

Youngest campers spend the morning engaged in yoga, healthy snacks and crafts. It makes for a very busy and fun morning. Their little minds will be exhausted and ready for rest.

*Must be potty training/trained (no diapers).

Half Day

8:30 AM-12:30 PM

4 Day: \$233.75

5 Day: \$275.00

Full Day

8:30 AM-4:30 PM

4 Day: \$412.75

5 Day: \$475.00

5% off for each additional child • 5% off 3 or more weeks

Seedlings (ages 6-10):

Maximum 14 per age group
1:7 leader/camper ratio

Elementary campers take a slower pace during their yoga practice. Campers will be guided through independent crafts and a hands-on snack time experience. Emphasis is put on growing a strong foundation and sense of independence and accomplishment while connecting with the community around them.

Half Day

8:30 AM-12:30 PM

4 Day: \$233.75

5 Day: \$275.00

Full Day

8:30 AM-4:30 PM

4 Day: \$412.75

5 Day: \$475.00

5% off for each additional child • 5% off 3 or more weeks

Saplings (ages 10-14):

Maximum 7 per age group
1:7 leader/camper ratio

Mature campers will experience responsibility and relaxation. Learning to balance life and what it takes to be a good role model. Themes rotate between Spa Weeks and our Leadership program. Both programs will include their own yoga practice & healthy snack.

6 spots available for Leadership Weeks and 12 for Spa Weeks

Half Day

8:30 AM-12:30 PM

4 Day: \$233.75

5 Day: \$275.00

Full Day

8:30 AM-4:30 PM

4 Day: \$412.75

5 Day: \$475.00

5% off for each additional child • 5% off 3 or more weeks

Camp themes and activities are designed to create a motivational, educational, and recreational camp experience.



SPROUTS & SEEDLINGS CAMP THEMES

Ages 3-5
Ages 6-10



June 7- June 11	Week 1: Jungle
June 14- June 18	Week 2: Science Explorers
June 21- June 25	Week 3: Gardening Club
June 28- July 2	Week 4: Celebrating America
July 5- July 9	Week 5: Big Top Circus
July 12- July 16	Week 6: Nature Explorers
July 19- July 23	Week 7: Integrating Sports
July 26- July 30	Week 8: Yoga Vibes
August 2- August 6	Week 9: Dr. Suess
August 9- August 13	Week 10: Ninja Warriors
August 17- August 21	Week 11: Beach Bash
August 23-August 27	Week 12: Mindful Art

Theme descriptions available online!



SAPLING CAMP

Ages 10-14

June 7- June 11	Week 1: NO CAMP
June 14- June 18	Week 2: NO CAMP
June 21- June 25	Week 3: Mindful Art
June 28- July 2	Week 4: Leadership
July 5- July 9	Week 5: Leadership
July 12- July 16	Week 6: Spa Week
July 19- July 23	NO CAMP
July 26- July 30	NO CAMP
August 2- August 6	Week 9: Leadership
August 9- August 13	Week 10: Mindful Art
August 17- August 21	Week 11: Spa Week
August 23-August 27	NO CAMP

Leadership Week: Yoga practice will focus on building confidence and voice. Mid-week they will get the opportunity to help with the younger age groups and use their skills under supervision. Healthy Snack material provides and crafted by them.

Spa Week: Yoga will have a nice flow to cater to the students and will incorporate restorative yoga postures. Snacks will be refreshing and crafts will be goodies to pamper their senses. Learn to make scrubs, masks, lip balm, etc. Max 10 students per a week.



Register Online Today!
www.treehouseyogaforchildren.com

REGISTRATION

1. Visit treehouseyogaforchildren.com and Click REGISTER.
2. Create an account for each student not in the online registration system.
3. Click "Summer Yoga Camp" tab and SELECT the weeks your child will be joining us. If selecting FULL DAY option, you must add the EXTENDED DAY for each week.
4. A one time registration fee (non-refundable) and 50% camp tuition due at registration. Tuition balance is due by June 1st. For additional payment information and refund policy, visit our website.
5. If you have any questions during registration, please contact us at director@treehouseyogaforchildren.com or 484-678-9269.
6. Camp emails will be sent out the week prior to camp to give a preview of the week ahead. We will end our week with camp pictures.

Special dietary or other needs, please note in medical field

* 4-day option will require promo code **4day** to receive 15% off. It is to either be used for the Friday or Monday of the camp week. If you are registering for both 4 and 5 day camps, we advise you do separate in transactions. Please contact us if you are experiencing difficulties.

Sign up Early & SAVE*
SAVE \$50 per week sign up by 3/1
SAVE \$25 per week sign up by 5/31

*Discounted reflected in system at time of registration.

**Car Line
Drop-off &
Pick-up**



**Allergy
Friendly**

