



Pender Island March Break Yoga Camp

March 17th, 18th, and 19th
Dragonfly Child Care Centre

Based on the renowned “YogaKids”* program, the Pender Island March Break Yoga Camp lets Pender Kids from ages 3–12 yrs. explore movement and breath, blending traditional yoga postures with music, art, reading, and fun! You and your children can take 1, 2 or all three sessions and learn animal postures and sequences that can be practiced and continued at home.

This program is open to all Pender families. Limit of 8 children per class, register soon! Parents must be in attendance for all classes.

March 17th, 18th, 19th

- Ages 3–5: 8:30–9:15 am
- Ages 6–8: 9:30–10:30 am
- Ages 9–12: 11:00am to 12:00 pm



Fees: **FREE** through a generous grant from PICCS

Instructors: Marcia Olmsted, Registered Yoga Teacher, Certified Personal Trainer; Debbie Katz, M.Ed, YogaKids Teacher-in-training

To register or inquire: Email Debbie at d.katz@shaw.ca, OR phone Marcia at 250-629-6185

*Wenig, Marsha. YogaKids: Educating the whole child through yoga. (Stewart, Tabori & Chang. 2003)