

for girls
ages 9-12



EMBODY LOVE CAMP™

June 7-10 1:30pm-4:00pm

The Mat Yoga Studio, 3136 Independence Pkwy, Plano, TX

**EXPOSE
MEDIA MYTHS**

**PRACTICE
EMBODIED
YOGA**

**COMMIT TO
COMPASSION**

**RECOGNIZE
YOUR WORTH**

This summer, be a part of a revolution that is creating a world where everyone loves and accepts themselves and others for who they are on the inside, instead of what they look like on the outside. At the Embodiment Love Camp, girls ages 9-12 are given the opportunity to move, breathe, be creative and find joy in the bodies they are in today. Moving away from media influences and cultural pressures, participants will discover a safe space to be the beautiful beings they already are through yoga, meditation, relaxation, journaling, art and interactive activities.

Embodiment Love Camp gives girls a chance to explore the beauty in learning to compassionately take care of themselves, how to be kind and support others, and see how they can use their strengths, talents and passions to create great change in this world.

\$260 per child – includes yoga classes, yoga mat, crafts, journal, snacks, T-shirt, and learning to last a lifetime!

Camp will be open to 10 kids only. We will be following socially distancing guidelines and camp regulations as per the CDC. We will be using both the outside and indoor space. Your child will receive their own brand-new yoga mat. Please bring your own towel and pack your own snacks and drinks. As of now, masks will be worn when not on the mat and can be taken off once on the mat. (This is subject to change.)



REGISTER ONLINE: forms.gle/qinitwYN5VKcYZY17 embodimentlove.com