July 22–24, 2011 (Friday–Sunday)

Storytime Yoga Children's Camp

Sydney Solis

For children ages 5-11.

Storytime Yoga is a way for children of all ages to enjoy storytelling, music, yoga, meditation, relaxation, story making, art, and nature in an interactive camp setting. Kids will learn to connect their minds with their bodies through imagination, play, and the arts, beginning with breath, body awareness, and yoga postures.

Acclaimed storyteller and yoga teacher Sydney Solis will use her dynamic style to integrate playfulness that wakes kids up on the inside so they can experience life's amazing gifts on the outside. The author of numerous books, audios, and a DVD on storytelling and yoga, Sydney enchants her young audience while teaching through play the value of ritual and ways to access the intuitive and sensing parts of the psyche.

Children will simultaneously learn peace and character education while experiencing the beauty of Kripalu's campus. Art, drama, storytelling, and yoga projects will round out the experience as kids discover the hero within and find out how to put that experience into action and to be of service in the world.

Note Children in this program must be accompanied at Kripalu Center by a parent/adult who is registered for a program or Retreat and Renewal. Kids meet for morning and afternoon sessions while parents are in their programs. Families are together at meal times, in the evenings, and overnight.

Online registration is not available for this program. Please call Registration at 866-200-5203 to register.

Sydney Solis, RYT, founder of Storytime Yoga, has been enchanting children and adults with the power of story and yoga for nearly a decade. She has presented her work at the Yoga Journal Conference, the National Association for the Education of Young Children, the Healing Through Story Conference, and more. Her children's yoga DVD, *The Peddler's Dream*, was featured on PBS, and she is also the author of numerous books and audio programs. She created the League of Yogic Storytellers, training parents, teachers, therapists, librarians, and other story and yoga lovers in the art of storytelling to teach yoga to children. www.storytimeyoga.com

Kripalu

exploring the yoga of life.

Take time away to do what you love. Kripalu Center for Yoga and Health offers hundreds of workshops, retreats, and trainings in yoga, personal growth, creative expression, holistic health, and more.

While you are here... Enjoy yoga classes, healthy food, massage and healing arts, hiking trails, whirlpool and sauna—all in the natural beauty of the Berkshire Mountains of western Massachusetts.

Kripalu is 3 hours north of New York City.

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