



Director & Co-Teacher:
Alaine Amaral is a certified
Kundalini Yoga Instructor,
certified Radiant Child Yoga
Instructor, Integrative Yoga
Therapist, and mother of
two wonderful daughters.
She also worked for many
years as a school-age child
care provider, camp
counselor, and art instructor.

Reserve Your Spot!

Please fill out the information below to reserve
your place at Whole Kids Summer Fun. Send this
along with your deposit to:

Yoga at the Ashram
368 Village Street
Millis, MA 02054
Attn: Whole Kids

We will mail you the registration form and other
details you need to know/provide in order for
your child to attend.

Session Choices:

Child's Name:

Parent or Guardian's Name:

Street Address:

City State Zip

Phone Number:

E-mail:

WHOLE KIDS SUMMER FUN



Yoga at the Ashram
368 Village Street
Millis, MA 02054
508-376-4525



Why send your kids to Whole Kids Summer Fun?

Whole Kids is an open, friendly, and peaceful place for your children to have a fun summer-camp experience...where they can truly be happy, healthy and whole!

Kids are exposed to new and fun activities and encouraged to share their own thoughts, feelings, favorite activities, likes and dislikes. We respect children for who they are: big souls in little bodies!

Kids love doing yoga! It's not only fun, but it is great exercise for both the body and mind. Yoga helps children gain strength and flexibility,

relaxes and balances both body and mind, encourages a positive self-image, and helps foster an understanding of the connectedness of all life.

Activities are held at the yoga studio and on the grounds of Guru Ram Das Ashram in Millis Massachusetts. The grounds offer 18+ beautiful acres for outdoor fun in the fresh air and sunshine. Our yoga studio is roomy and bright, a perfect place for yoga and indoor activities.

SESSIONS

WEEK 1: JULY 12TH - 16TH
WEEK 2: JULY 19TH - 23RD
WEEK 3 AUGUST 2ND - 6TH
WEEK 4 AUGUST 9TH - 13TH

MONDAY-FRIDAY 9 AM - 3 PM
AGES 6 - 12
\$275/WEEK
\$525/2 WEEKS

Children will need to bring a vegetarian lunch & snack.

A typical day will include:

Yoga

Creative Arts Projects

Journaling

Cooperative games

Gardening

Nature Walks

Relaxation

Self Discovery

Fun & Friendship

