Connecting mind and body through relaxation techniques and body awareness can improve emotional well-being.

In this fun summer program, children will be introduced to yoga poses, breath work, and mindfulness through playful games, stories and activities.

Theraplay activities will provide the opportunity for children to strengthen their ability to connect with others and further develop social skills.

**JUL. 18-21 OR AUG. 15-18: AGES 5-7  9 AM-12PM**

**JUL. 25-28 OR AUG. 22-25: AGES 8-10  9 AM-12PM**

**FEE: $25**