

Om Yoga Studio



Yoga Camp for Teens

Instructor: Ashleigh Smith, RYT

Dates: June 16-18, 23-25, 2009 **Time:** 11:30-1:30pm

Cost: \$150 (includes nutritious & delicious lunch after 1 ½ hour practice)

Ages: 12-17

Pre-paid registration only.



At Om Yoga studio, Ashleigh will teach yoga to teens in a way that stretches their imaginations, offers them non-competitive opportunities to play, and teaches teenagers how to relax. We will nurture teens so that they can develop to their fullest physical and mental health and well-being. Activities for Yoga Camp for Teens are specially chosen for their enriching qualities and alignment with our goal of offering teens a fun, educational, and creative summer experience.

Join Ashleigh as she helps you relax, get fit for summer, learn stress management for the school year and have fun!

Ashleigh received her teacher training at Om Yoga Studio, through collaboration between Seaside Yoga and Om Yoga Studio, which was directed by Ashley Ludman of Seaside Yoga.

Currently she teaches open level classes which she structures to be comfortable for all students. Ashleigh believes yoga should be playful and accessible to everyone. Besides yoga, she is fluent in Spanish and has three years experience as a Spanish teacher in North Carolina and Spain. For the past two years, Ashleigh has been a member of the faculty and residential life staff at a boarding school in Raleigh where she worked with teen girls on a daily basis. She often introduces yogic breathing and relaxation methods to her academic classes and has found that teens are searching for a way to be grounded even when their worlds are swirling with academic, relationship and other stressors.

Yoga Camp for Teens

Please fill out this form along with your payment.



Name: _____ Date of Birth: _____

Address: _____

Phone: _____ Cell: _____

Parents Names: _____

Emergency Contact: _____

Health Information:

Do you have any of the following?

- Allergy Bone or Joint condition
 Asthma Cardiac Problems
 Spinal Issues Convulsions
 Other (please explain)

Have you undergone any surgery? _____ If so, please detail
_____ Date _____

Reason for surgery:

Any physical limitations or injuries?

All classes are held at Om Yoga Studio (232 Hay Street). Mats are provided free of charge. There is no refund after the camp starts. Full refund 2 weeks prior to start of session. Payment can be made by cash or check (made to Om Yoga Studio).

Thank you for sharing the practice of yoga with us!

