

imagine

SUMMER
CAMP FOR
ART & YOGA



ART & YOGA

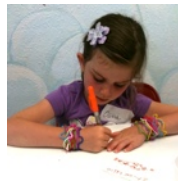
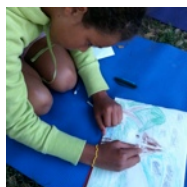
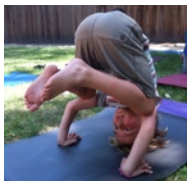
We Will Be Bending, Twisting, and Creating Our Way Into Summer

SESSION ONE

DATES: Monday June 13th to Thursday June 17th
TIME: 9AM to 2PM **AGES:** 4-5, 6-8, 9-13
COST: \$200

EXPLORE NATURE THROUGH ART & YOGA

Our magical daily journey will start with two morning art projects followed by a mini session of yoga indoors at Maren Conrad's Art Studio. Campers then will take a short nature walk over to our neighboring Sutter's Fort Park. We will have a picnic style lunch followed by a longer yoga session. We will wrap up each day with a dance party and a chance for each camper to set a personal physical goal and best their own accomplishments. An amazing portfolio of artwork will be sent home at the end of the week. Projects will include outdoor installation art, painting, sculpting and multi media uses of found objects.



SESSION TWO

DATES: Monday June 20th to Thursday June 23rd
TIME: 9AM to 2PM **AGES:** 4-5, 6-8, 9-13
COST: \$200

EXPLORE THE WORLD THROUGH ART & YOGA

Hop aboard our pirate ship as we explore art and ancient practices from around the world. We will take an in depth look at ancient sea monsters, mermaids and myths. Our daily journey will start with two morning art projects followed by a mini session of yoga indoors at Maren Conrad's Art Studio. Campers then will take a short nature walk over to our Sutter's Fort Park. We will have a picnic style lunch followed by a longer yoga session. We will wrap up each day with a dance party and a chance for each camper to set a personal physical goal and best their own accomplishments. An amazing portfolio of artwork will be sent home at the end of the week.

Maren Conrad, co-owner of Maren Conrad's Art Studio, has made her passion for art a career. Maren has her degree in art with a double emphasis in art education and fine art. Maren has been developing art curriculum for twelve years. She also creates work that is sold through several West Coast galleries and consulting firms. Maren shares Gina's enthusiasm for yoga, practicing and attending yoga workshops for ten years.

Program Directors:

Maren Conrad & Gina Garcia

Contact Information:

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Gina: gina007@earthlink.com
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Gina Garcia is a certified Baron Baptiste teacher and founder of the city's largest weekly attended yoga class, Yoga in the Park. She discovered yoga more than twelve years ago. Her wish is to share yoga with as many people as possible. She teaches children regularly through her non-profit organization "Yoga Across America" and her work with Dr. Oz's HealthCorps program. Gina has three sons that share her passion for yoga and art.