



# Yogalicious Kids Camp <sup>2011</sup>

## GLOBAL TREK

“Nourishing the Whole Child Through Movement, Nutrition and Expression”

Each day we will practice yoga poses, breathing and relaxation techniques to foster good health and strong bodies. Then we'll travel around the world and experience creative outlets for expression. Here are a few of our activities:

**Tuesday:** *China* (writing, language, dance, art, cooking). Dance with the Chinese Dragon, practice writing with brush & ink, and discover interesting foods.

**Wednesday:** *India* (music, dance, food, craft). Experience exotic instruments in Indian music, enjoy traditional dance, discover unique spices, and make patterned cloth.

**Thursday:** *Africa* (music, dance, handiwork). Make masks and traditional beaded necklaces. Try African drumming and tribal dances. Go on an animal photo safari.

**Friday\*:** *France* (art, gardening, food, music). Plant herbs and learn watercolor techniques. Savor French food while experiencing the music of Paris.

\*On Friday from 1 - 1:30 p.m., children will host a parent presentation, including a gallery of work.



Our camp celebrates the learning yearnings of children ages 4-10 through movement, music, art, language, cooking and gardening.

**JULY 5-8, 2011**  
**9 a.m. - 1 P.m.**

Unity Church of the Hills Campus  
9905 Anderson Mill Rd.,  
Austin, TX 78750

Cost is \$195, includes materials and healthy snacks.

Early bird \$10 discount if registered before May 15, 2011. **Space is limited, so register early!**

Register at  
[www.heartpracticeyoga.com](http://www.heartpracticeyoga.com) or  
call 512-638-5050.

\*At the end of camp, children take home a custom portfolio, complete with photos and details of the week.

Registration Form for Yoyalicious Kids Camp (Ages 4-10)

Name \_\_\_\_\_ Date \_\_\_\_\_ D.O.B. \_\_\_/\_\_\_/\_\_\_ Age: \_\_\_\_\_

Address \_\_\_\_\_ Zip \_\_\_\_\_ Mother's Name \_\_\_\_\_

Phone (H/cell) \_\_\_\_\_ email (please print): \_\_\_\_\_

Father's Name \_\_\_\_\_ Phone(H/cell) \_\_\_\_\_ email(please print) \_\_\_\_\_

Work(M or F) \_\_\_\_\_ Phone \_\_\_\_\_ Emergency Contact Person other than

parent: \_\_\_\_\_ Relationship to child \_\_\_\_\_ Phone(H/cell) \_\_\_\_\_

Individuals authorized to pick-up your child: \_\_\_\_\_

**(Show of I.D. will be required when picking up children.)**

**Insurance /Health Information:**

Name of Insurance \_\_\_\_\_ policy/group # \_\_\_\_\_

Doctor's Name \_\_\_\_\_ Phone: \_\_\_\_\_ Preferred Hospital: \_\_\_\_\_

Does your child take any medications? \_\_\_\_\_ If yes, please explain: \_\_\_\_\_

\_\_\_\_\_ Does your child have any allergies? \_\_\_\_\_ If yes, please explain

Does your child have any food sensitivities/allergies? \_\_\_\_\_ If yes, please list: \_\_\_\_\_

Is there anything else you would like us to know about your child (please write on back if you need more space)?

**Waiver of Liability Consent Form:**

I agree that I will not hold **Monica Paredes Yoga & Art, LLC, Angela Nix, Unity Church**, any YKC instructors or staff, nor their heirs liable for any injuries sustained, illnesses contracted or loss of property incurred while my child(ren) is/are participant (s) of the **Yoyalicious Kids Camp**.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Printed Name: \_\_\_\_\_

**Please check the week(s) your child will be attending: (For more than one child, fill out a separate form.)**

**[ ] July 5-8, Yoyalicious Kids Camp: Tu-Fri. 9 a.m. – 1 p.m., Tuition: \$195 (\$10 discount for early registration by May 15, 2011 or UCOH members) (2nd Child: \$150)**

**A non-refundable deposit of \$75 is required to hold a space for your child. (Deposit applied to tuition.)**

\$ \_\_\_\_\_ Enclosed for registration. Tuition balance is **due 7 days before first week of camp.**

**Please make all checks payable to Monica Paredes and mail with this registration to:**

Monica Paredes, 8508 Cahill Dr., Austin, TX 78729 | 512-638-5050, monica@triumbra.com, www.triumbra.com