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Registration  
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ROOT TO RISE

YOGA. ART. NATURE.

**14 - 21**

**JUN - JUL**

**3:00 - 4:15**

# DEEP ROOTS

## MINDFULNESS & YOGA

# CAMP



A special 6-week camp that supports the physical, cognitive, emotional, and social development of tweens and teens ages 12 to 18. Throughout the duration of the camp, we support your adolescent's development of a mindfulness practice using yoga, art, and nature-based activities while also supporting:

- A personal exploration of mindfulness and how it supports your adolescent's life
- A deep connection and awareness of themselves, of others, and of their environment, and how each impacts one another
- A discovery of your teenager's personal strengths, needs, and challenges
- The development of your adolescent's social skills that foster healthy relationships and the ability to repair when challenges arise
- The releasing of old wounds and trauma that has embedded within your teenager's physical and energetic body
- A set of internal resources to help your teenager navigate life's challenges with greater ease, self-discipline, and self-confidence

**Gather Yoga | 30922 Hilltop Dr, Evergreen, CO 80439**

**720-740-2545**

**FOR MORE INFORMATION**

[Support@inforoot2rise.com](mailto:Support@inforoot2rise.com)