



Cooking & Yoga Camp! **Keep Calm & Cook On!** **K-4th Graders** **AUGUST FUN!**



Instructor adapts to all ages during instruction

Healthy Kids Today, A Brighter Tomorrow!

www.LillySprouts.com



balance
strength
flexibility
relaxation
awareness
confidence
self esteem
compassion
cooperation
stress release
concentration

*The foundation
for a lifetime of
health & wellness*



**CERTIFIED
INSTRUCTOR**



SUMMER YOGA & COOKING CAMP
4 day session for 3 ½ HOURS each class
August 5th, 6th, 7th & 8th 12:30pm-4pm
\$320

Supervised Lunch included at 12:30 for students attending A.M. Playground Camp.
Please bring lunch. After cooking lesson, children will eat their cooked meal from class

Raymond Chisholm Community Center
100 S. Springfield Ave. Springfield NJ

Includes all educational materials, recipes, cooking /yoga supplies and food

To reserve a spot for your child please go to www.LillySprouts.com
Click on Upcoming Classes, find Springfield Kids Cooking Camp and
register Aug5th-8th. Payment available online or by check to
LillySprouts. Classes will close at 15 students .

Any questions contact Lilly Bussin @ LillySprouts@gmail.com or
908-499-0270