

FLOAT, FLY AND LEAP INTO THE PLAYFUL REALM OF YOGA

Thursdays 2:00–3:00pm
July 8, 15, 22 & 29
\$15/each or \$50/series

kids' yoga camp

WITH LAUREN INGRAM

Slither, leap, and crawl your way into and out of yoga poses. With her experience in children's theatre and movement, Lauren has blended children's improvisational theatre games and yoga asana for children to exercise their bodies, spirits and imaginations and craft a one-of-a-kind yoga story. For kids ages 4 through 8. Parents, hop into the community vinyasa class next door while your children have a ball and make new friends!

LAUREN INGRAM was born with an overwhelming childhood imagination she has yet to outgrow. After earning her theater degree, Lauren began practicing yoga as self exploration in 2000 and has since cultivated patience and gratitude on and off of her mat, as a teacher and as a student of yoga. She has experience with children's theater and improv and loves the imagination kids have. Lauren lives in Portland, OR where she is a stepmom to 3 and 5 year old girls, and is expecting her first son this fall.



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