



## PRESS RELEASE

Contact Michelle Lopez at [Michelle@StorytimeYoga.com](mailto:Michelle@StorytimeYoga.com)

For immediate release  
Photos available

[www.StorytimeYoga.com](http://www.StorytimeYoga.com)

# Kids Learn and Play with Pioneering Storytime Yoga Camp at Kripalu July 22-24

*Body-centered learning program teaches literacy, fitness and character*

**BOULDER, Colo. (February 10, 2011)** – This summer, bring your family on a journey they won't forget. This July, come to the Storytime Yoga Children's Camp with Yoga Teacher and Storyteller Sydney Solis at Kripalu. Let Sydney re-enchant your child's world and make learning exciting with Storytime Yoga. Meanwhile, you can take the adult program or retreat at the center.

Kids will move, create, learn and have fun at the same time while developing their talents! At the Kripalu Kids' Yoga Camp in Stockbridge, MA, children ages 5-11 will have fun with storytelling, yoga, meditation, art, nature, and creating a body myth. As they reenact stories by performing various yoga poses, your kids will not only get rejuvenating physical activity, they'll also receive a boost to their literacy, learning, and health.

Storytime Yoga's camp activities integrate oral storytelling, literacy and art with the health-enhancing physical aspects of yoga and meditation. It's a spellbinding way for children to connect with their imaginations, discover the hero within, and learn how to bring their unique gifts and talents to the world.

Don't miss out on this magical and spiritual summer for you and your family!

The camp will be take place:

- July 22-24, 2011 Friday–Sunday (three-day event)

To register for any of these events, call 1-866-200-5203.

For more information, visit [http://www.kripalu.org/presenter/V0005911/sydney\\_solis](http://www.kripalu.org/presenter/V0005911/sydney_solis)

Note: Children attending this program must be accompanied at Kripalu Center by a parent/adult who is registered for a program or R&R (Retreat & Renewal).

Listen to [Sydney Solis' Kripalu Perspective Podcast](#), "Sparkling Kids' Imaginations: An Interview with Sydney Solis" (May 2010, episode 5)!

[View the Kripalu flyer.](#)

*Three hours north of New York City, the Kripalu Center for Yoga & Health is the largest and most established retreat center for yoga, health, and holistic living in North America. Read more about their workshops, retreats, and events at <http://www.kripalu.org/>.*