

ZEN & the ARTS Camp For ALL Kids!

Get the most for your child – *Physical & Mental Strength!*

Led by Director / Instructor Michelle Martin, ED.S.
School Psychologist/TKD Black Belt & professional staff



Ages: 6 - 12

Dates: August 1-5 M-F
August 8-12 M-F

Time: 9 am - 3 pm*

Rate: 2 weeks \$850
1 week \$450 (2nd week only)

Call to request registration or visit
www.insight-wellness.com

*Before and after care available. Call to schedule an interview

ZEN & the ARTS Camp For ALL Kids

Zen – is defined as “a total state of focus that incorporates togetherness of body / mind” and includes mindfulness / meditation.

Our campers learn Tae Kwon Do for solid strength, and achieve more “Zen” with research-backed methods such as mindfulness, “tapping” and breathing techniques.

Campers also enjoy “You Are What You EAT!” healthy cooking, visual arts, and a wildly popular “River Nature Day”.

Activities to “Build a Better Brain”

- Mindfulness / Meditation
- TKD Fusion & Zen Yoga
- Nature River Day
- Creative Arts
- Super Foods / Nutrition



Five Camp Goals

- Self-compassion
- Social Skills
- Self-regulation
- Confidence
- Strength & Balance

ADDED BONUS! Campers also have anti-bullying lessons and a wildly popular “River Nature Day.” Daily themes such as “friendship,” “leadership,” “gratitude” and “honesty” are woven into camp lessons to promote social skills. Children learn concentration and problem-solving skills, improving their school performance.



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