

*Join Alice Redding ...  
CALT, RYT, and author:  
Learn the STRIPES easy,  
3 step method of relaxing  
and getting your mind  
focused in school.*



## Yoga Camp for Students

**8 weeks**

**June 18<sup>th</sup> through August 6<sup>th</sup> '09**

**Reducing Stress, Hyperactivity and Anxiety in Children**

**Great for ADHD!!**

STRIPES Training is designed to help create a calmer home and that contributes to the learning potential of each student. In just 5 -15 minutes this easy method quickly relaxes and focuses children while giving each student valuable self-management skills. It provides students with the tools to control their own behavior, attend in class, and focus their mind on the work needed to be done. It provides them with an outlet for anxiety and integrates relaxation into every area of their lives.

During this camp, students will learn how to practice STRIPES 3 easy steps using their Student CD and Student Movement cards.

**Thursday evenings:**

**Grades 2<sup>nd</sup> -6<sup>th</sup> from 5:30 -6:15 / Grades 7<sup>th</sup> -12<sup>th</sup> from 6:30 -7:30**

**Fee for camp: \$160**

**Included in this cost is:**

**STRIPES Book, CD and Student Movement Cards (\$48 value)**

**Written by Alice Redding CALT, RYT**

Student's Name \_\_\_\_\_ Grade '09 \_\_\_\_\_

Parent Names \_\_\_\_\_

Address \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Email \_\_\_\_\_

\*send this form to: Alice Redding 908 Sandalwood Ave. Richardson, TX 75080 with \$160 registration fee

Classes are limited in size and fill early. There will be no refunds for missed classes.

For more information on STRIPES Training or Alice go to: [www.stripesyoga.com](http://www.stripesyoga.com)

Make your check payable to Alice Redding.

For more information call: [Alice Redding @ 972-437-3803](tel:972-437-3803) or go to [alice@stripesyoga.com](mailto:alice@stripesyoga.com).

