

Blossom and Grow

Creative Expression and Discovery Camp



June 26th- June 30th
July 3rd - 7th (pro-rated)
July 10th -July 14th
9:00am - 12:30pm

(early drop available at 8am for 3-10 year olds)

(extended option available until 3pm for 5-10 year olds)

Stretching Bodies and Minds with nature exploration, crafts,
creative expression, mindfulness games, peace education
and YOGA!

Camp Location: Faith Community UMC

5315 Harford Rd

Baltimore, MD 21214

1

EXPAND

Imagination and
Creativity

2

BUILD

Confidence and Self-
Esteem

3

ENCOURAGE

Community and
Connectedness

For Ages 3-10

**Camp Cost: \$225/
week**

Sibling Discount Offered

Scholarships Available

Multiple Week Discount Offered



*Healthy Snack Provided

*Each child receives a
yoga mat to take home

**For more information
or to register:**

soulfuleruption@earthlink.net

443.292.2375



Camp Mission Statement

Blossom and Grow seeks to provide children with tools for self-health, relaxation and inner fulfillment, so that they can embody joy and navigate challenge with greater ease. We acknowledge that yoga and mindfulness practices at an early age nurture self-esteem, inner peace and body awareness. These practices not only encourage connectedness to the inner self, but can also impact their connection to and understanding of the world around them.

We use these practices of inner exploration and combine them with compassion education, creative expression activities, and gardening to cultivate community, connection and compassion.

Contact Us:
soulfuleruption@earthlink.net



“My daughter came home and taught me how to take some time to breathe. These are life skills, taught in such a fun way!”

-Parent of Lydia, age 4

[facebook.com\blossomandgrowkids](https://facebook.com/blossomandgrowkids)

ABOUT THE DIRECTOR

Tawanna Kane, RYT-500 is a certified yoga teacher, mommy and mindfulness educator, motivated by heart and inspired by the healing power of community. Her love for helping children to blossom and grow is informed by working for over 20 years in the areas of conflict resolution, theatrical expression, non-violence training, mindfulness and building municipal accountability systems for citywide and national youth development programs. Tawanna is also trained in HIPP (Help Increase the Peace Program).

For more information about our camp staff, please be in touch.

