

HeART & Mind Kids Camp

Come join us for some creative fun and self-empowerment this summer!



Campers will discover and explore aspects of their unique personalities through music, meditation and art. Throughout this weeklong course, campers will be introduced to basic meditation and grounding techniques, calming crafts, painting, music, yoga and more.

Benefits include:

- Learning how to get grounded and feel calmer
- Discovering how to integrate art, music, physical activity and meditation to feel good about who you are
- Having FUN creating your own canvas and art which you get to take home
- Meeting other kids your age and learn together in a playful environment
- Learning lifelong skills for connecting with your inner self

- **June 19 – 23 Peace Love & Gummy Worms!**

- **June 26 – 30 To The Stars & Beyond!**

- **9:00am – 1:00pm for children ages 7 – 12**

- *Each week will include different lessons and activities*

Location: 3864 Willowood Drive San Jose 95128 (Cambrian/Reed area)

Cost: \$285 per week (includes art supplies and a morning snack)

Financial assistance may be available on request

For more information and registration please contact:

Emily Kritzer at 408-410-5579 or Karen Adamski at 408-221-8608 or email Karen3864@gmail.com

Instructors for the camps are Karen Adamski and Emily Kritzer. Emily has been a music teacher in the public school system and for private lessons for over 20 years. Karen is a Shamanic Practitioner, Certified Crystal healer, plus has experience operating her own after school care program for 10 years. Together they have over 45 years of art and music teaching experience. And they LOVE kids!

“Karen and Emily are my favorite summer camp teachers. I learn A LOT and have FUN in their classes!”

~ Abigail Loens, age 10

This is not a San Jose Unified School District sponsored event