

# **“Exploroga Yoga”** **Summer Camp**

*ExplorogaYoga is our way of utilizing the ancient wisdom and benefits of yoga to strengthen our bodies, relax our minds, open our hearts and awaken each of our very unique spirits! ExplorogaYoga is an all-inclusive approach that welcomes all different walks and ways of life. No one is left behind. Everyone is accepted. Everyone is an important part of the “whole”.*

## **Sample Schedule:**

7:00 am	Optional yoga or nature walk
8:00 am	Wake up
8:30 am	Breakfast
9:30 am	Activity
10:45 am	Activiy
12:00 noon	Lunch
1:00 pm	Activity
2:15 pm	Activity
3:30 pm	Free time
6:00 pm	Dinner
7:30 pm	Evening Activity
10:00 pm	Star Gazing
11:00 pm	Lights Out

**For more information, email [info@explorogayoga.com](mailto:info@explorogayoga.com)  
or call 503-429-2801  
[www.explorogayoga.com](http://www.explorogayoga.com)**