



Explore
Tae Kwon
Do and a
whole lot
more!

ZEN & the MARTIAL 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: 5-12

Dates: August 1-12 (Monday – Friday)

Time: 9 am – 3 pm

Rate: 2 weeks \$750; 1 week \$395

Call to request registration form

**Before and after care available. *Call for interview re: special needs*

Activities to Build a Better Brain:

- Mindfulness/Meditation
- TDK Fusion/Zen moves
- Nature River Day
- Creative Arts
- Cooking & Nutrition

Five Camp Goals:

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

ZEN & the MARTIAL 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 TKD 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**”.



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216-765-4470

www.insight-wellness.com



Insight Learning & Wellness Center does not discriminate on the basis of race, ethnicity, natural origin, religion, gender, sexual orientation, disability or ancestry.

Approved provider for the ODE Autism Scholarship Program