

A cartoon character with a teal round head, black curly hair, and a smiling face. It has a large black circle around its chest, which contains a large orange heart. The character's hands are visible at the bottom of the circle, holding the heart. The background is a solid blue color.

SUMMER CAMP 2027

A CALM, CREATIVE SUMMER · AGES 3-6 & 6-12





WHY THIS CAMP

Kids carry big feelings into summer, too. After a full school year, they need more than another busy schedule. Our camp gives them a slower, joyful rhythm: they move, breathe, create, and learn simple tools to feel calm, confident and at home in their own bodies.

OUR SOMATIC METHOD

MOVE + BREATHE

Playful yoga postures release energy and build strength. Breathing games give kids a tool they can use anytime to calm down.

IMAGINE + CREATE

Stories and music help children name their feelings. Mindful crafts turn calm into focus and self-expression.

Body first, then mind: every camp day follows these four steps to relax the nervous system and support emotional regulation.



ABOUT OUR CAMP

Our camp offers a gentle 3-hour schedule, a perfect fit for families looking for a shorter, meaningful camp day. Classes are dynamic, playful and creative, with a clear purpose: helping children lower stress and cope with big feelings.

Every activity is age-appropriate and respects each child's physical needs and developmental stage. Our mindful creations help young learners focus and notice details, while honoring their natural attention span.



YOGA + CRAFTS

Yoga • Arts & Crafts • Digital Take-Home Resources



YOGA



ARTS & CRAFTS

CAMP SCHEDULE



MORNING SESSION

AGES 3–6 · 9:00 AM – 12:00 PM

9:00 – 9:40 AM · YOGA, BREATHING
& MOVEMENT

9:40 – 10:00 AM · SNACK &
BATHROOM BREAK

10:00 AM – 12:00 PM · MINDFUL
ARTS & CRAFTS



AFTERNOON SESSION

AGES 6–12 · 2:00 – 5:00 PM
(TUESDAYS: 2:30 – 5:30 PM)

2:00 – 2:40 PM · YOGA,
BREATHING & MOVEMENT

2:40 – 3:00 PM · SNACK &
BATHROOM BREAK

3:00 – 5:00 PM · MINDFUL ARTS
& CRAFTS

PRICING

PER CHILD · ALL YOGA MATS AND CRAFT MATERIALS INCLUDED

AGES 3–6	<i>\$320 / week · Mon–Thu</i>
AGES 6–12	<i>\$395 / week · Mon–Fri</i>
3-WEEK SERIES	<i>\$960 (3–6) · \$1,185 (6–12)</i>

A THREE-WEEK JOURNEY

SUMMER WARDROBE

Week 1 · Clothing &
sneaker art



GLOW IN THE DARK

Week 2 · Black paper
& luminous
creations



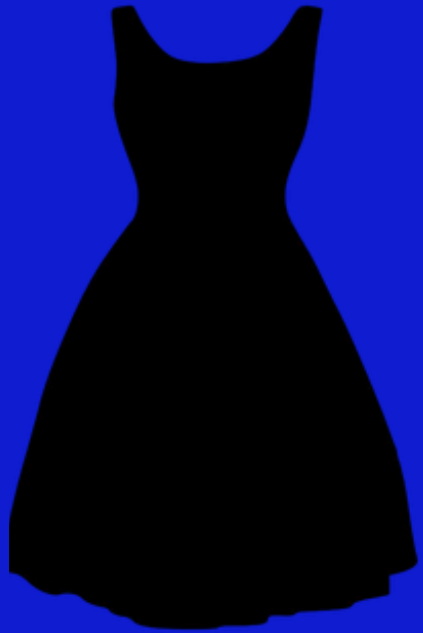
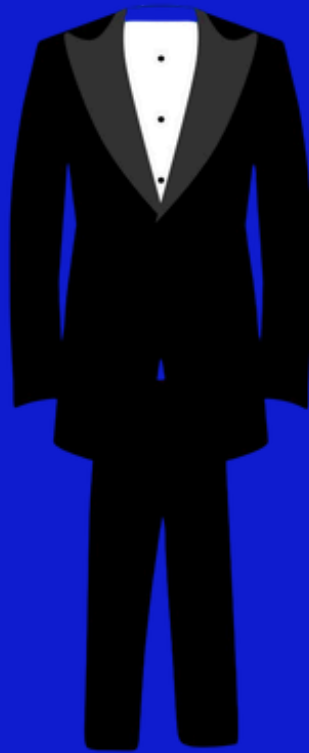
MINDFUL CREATIONS



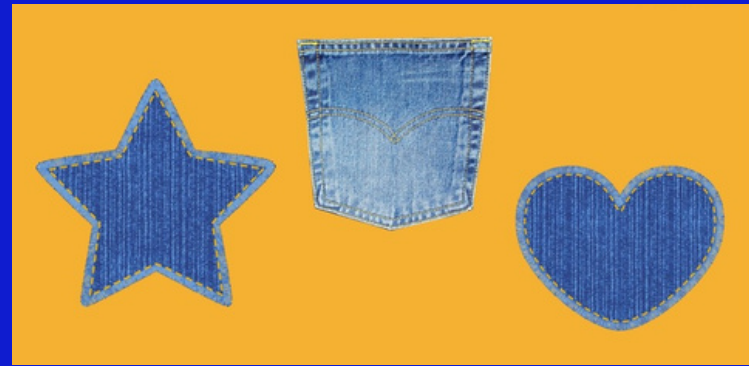
WEEK 1
SUMMER
WARDROBE



DAY 1 • PARTY CREATIONS



DAY 2 · T-SHIRT & JEANS



DAY 3 · SNEAKER CUSTOMIZATION

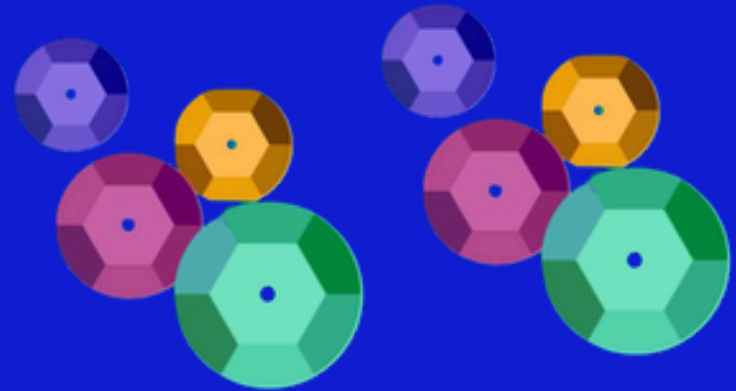


Kids design their own sneaker art with fabric markers and paint, creating a one-of-a-kind pair that is all theirs.

DAY 4 • HAT CUSTOMIZATION



DAY 5 · OVERALLS CUSTOMIZATION



WEEK 2

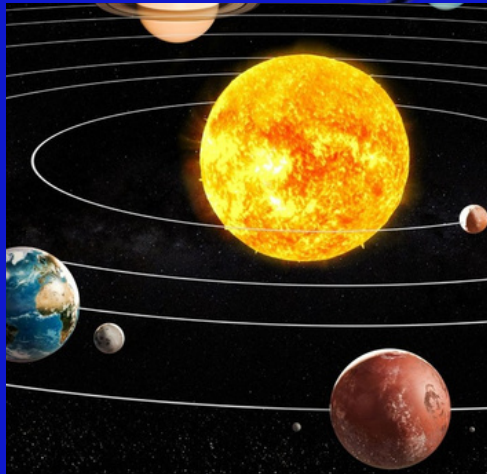
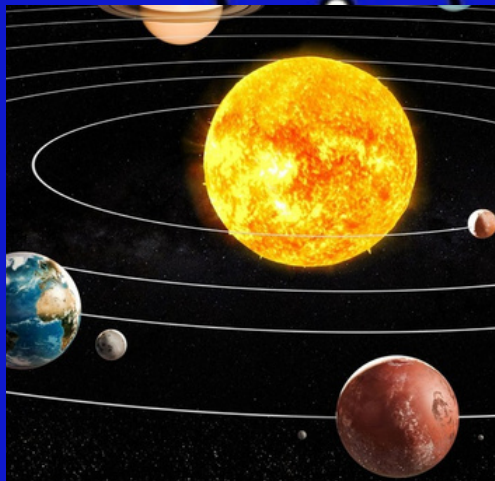
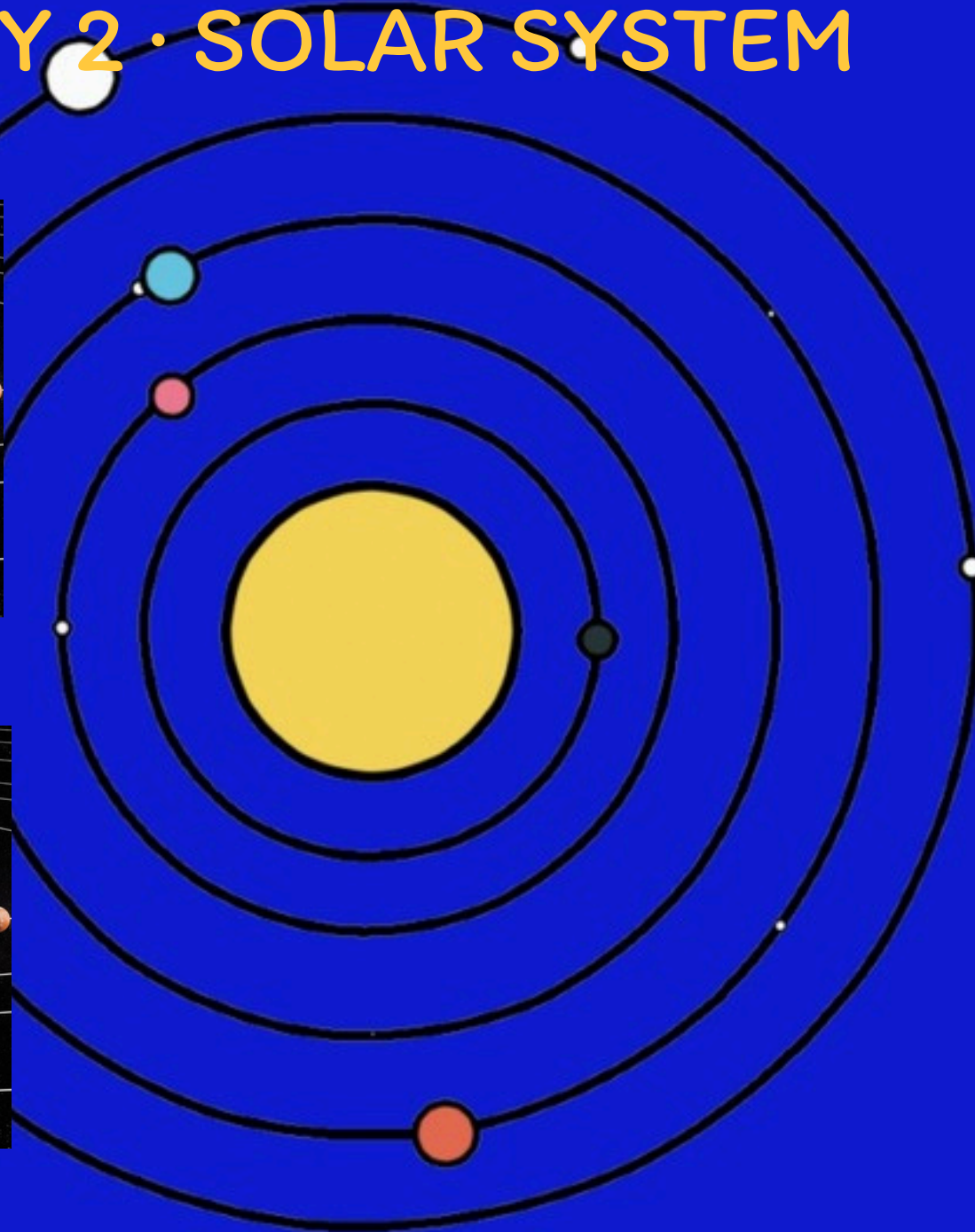
GLOW IN THE DARK CREATIONS



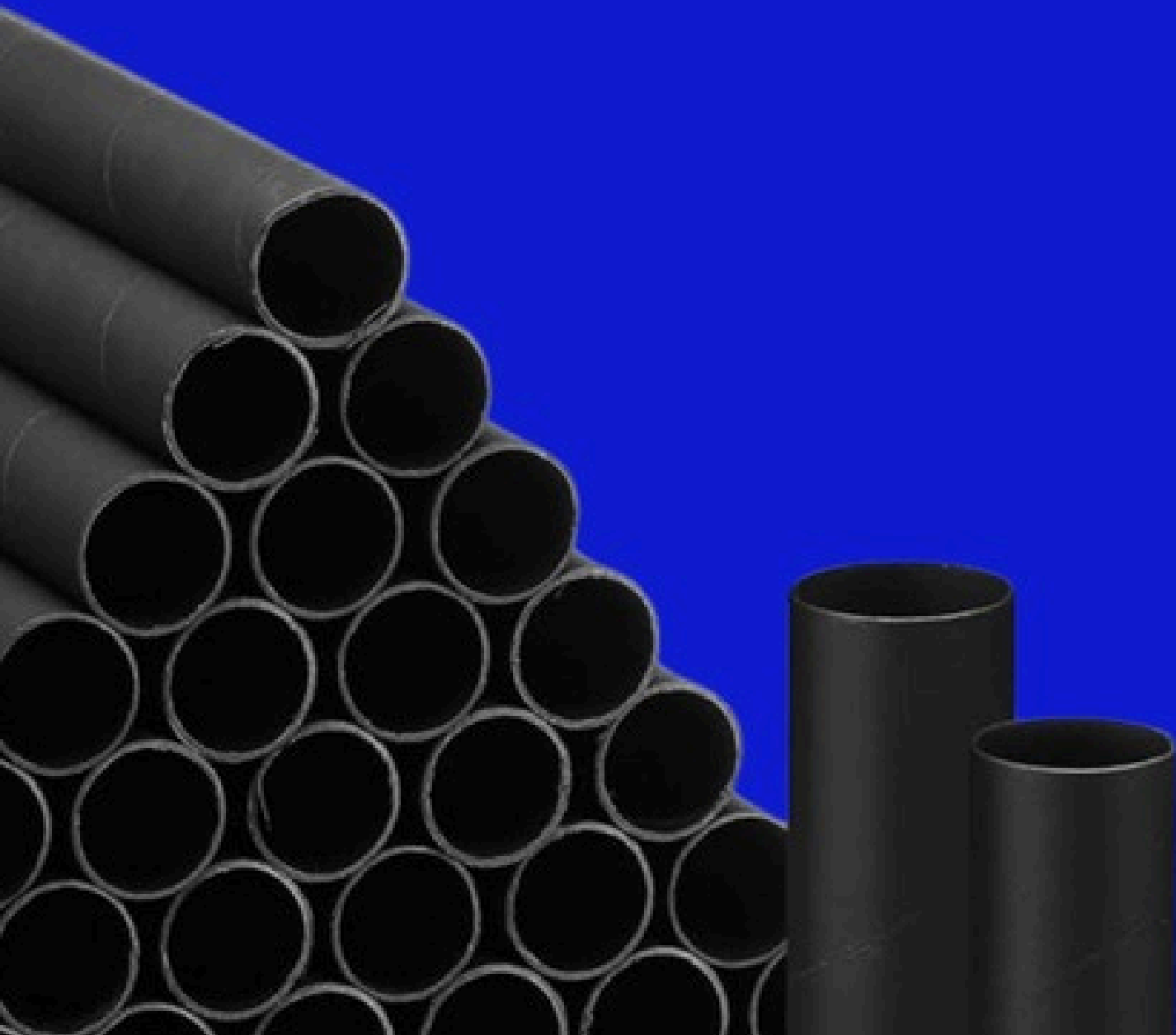
DAY 1 · PAINTING ON BLACK CANVAS



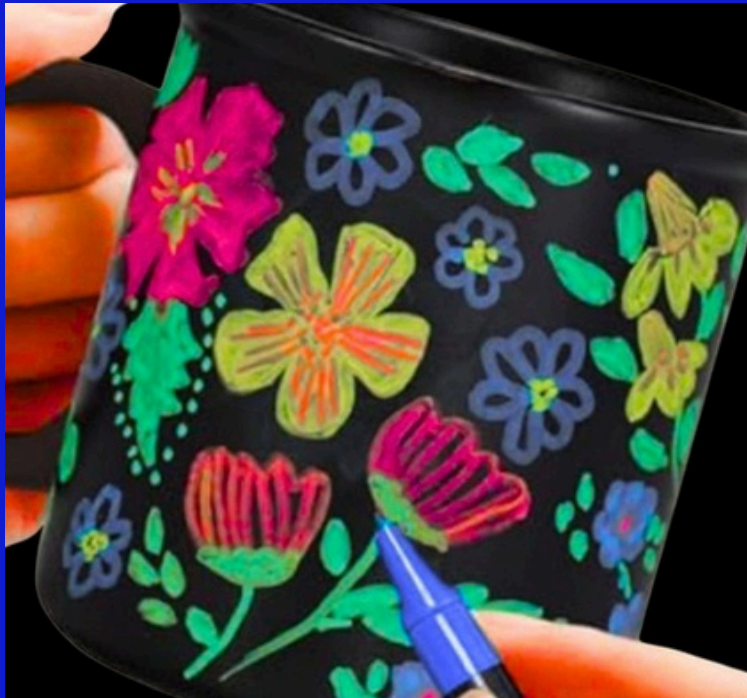
DAY 2 · SOLAR SYSTEM



DAY 3 · TELESCOPE CREATION



DAY 4 • MUG PAINTING



DAY 5 · ROCK PAINTING



MINDFUL CREATIONS



DAY 1 · MOBILE CREATION



DAY 2 • DOT CONSTRUCTION



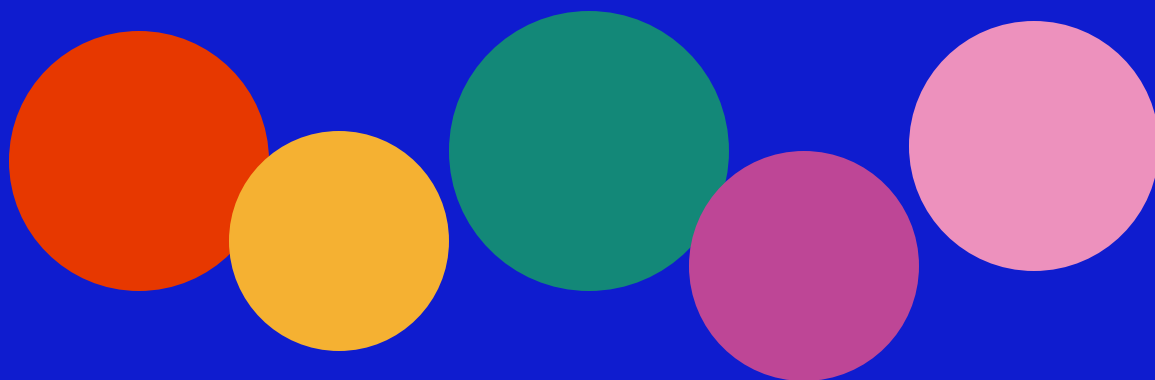
DAY 3 · LUMINARIES



DAY 4 · SAND CREATIONS



DAY 5 · PLAY-DOUGH CREATIONS



Squeeze, roll and shape: a calming sensory break for busy hands.

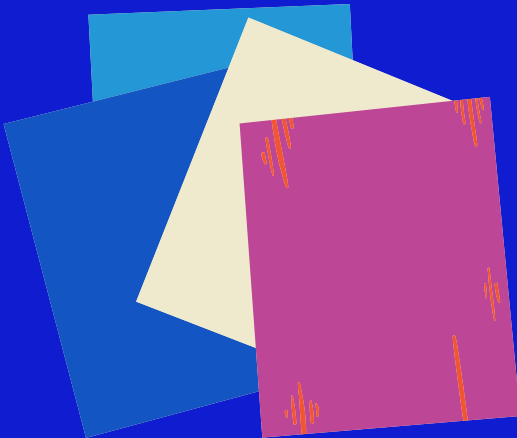


LOW-MESS CRAFTS



**Cardboard + recycled
materials**

**Crayons, markers +
paper**

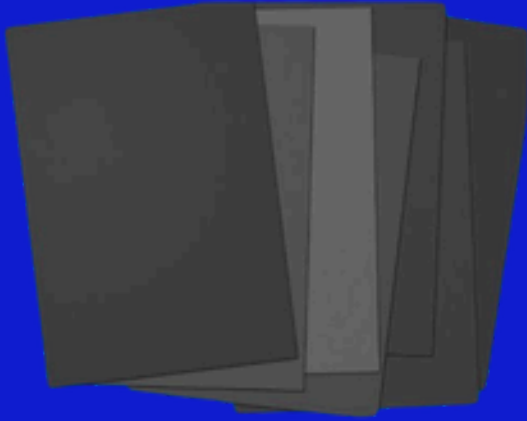
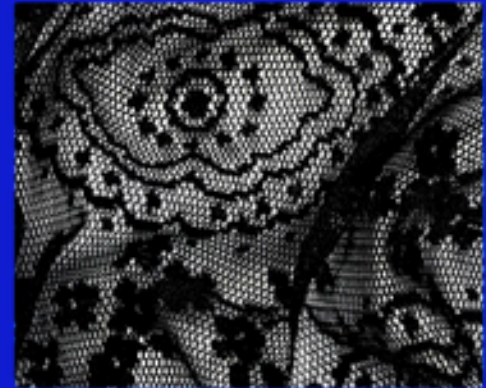
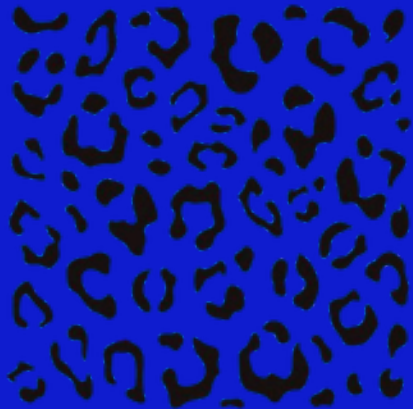
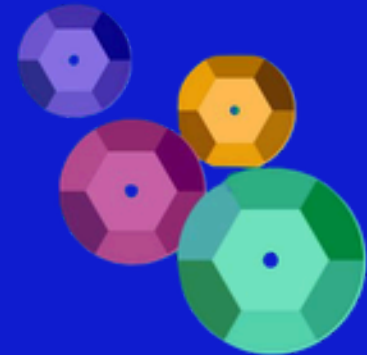


**Simple, sustainable and easy to clean
up**

FASHION SKETCHES ON CARDBOARD



SIMPLE, SUSTAINABLE MATERIALS



PATRICIA L. OLIVEIRA · FOUNDER



Patricia is a Brazilian multimedia professional with a background in journalism. For nearly two decades she produced talk shows for radio and TV in Brazil.

Alongside that career, she became a yoga teacher specializing in Stress Management and Meditation Techniques, and has spent the last 15 years serving children and adults through yoga and artistic expression.

Since moving to the United States, she has focused her work on children and families. In 2023 she founded Upside Down Yoga Kids to bring these tools to more children and families.



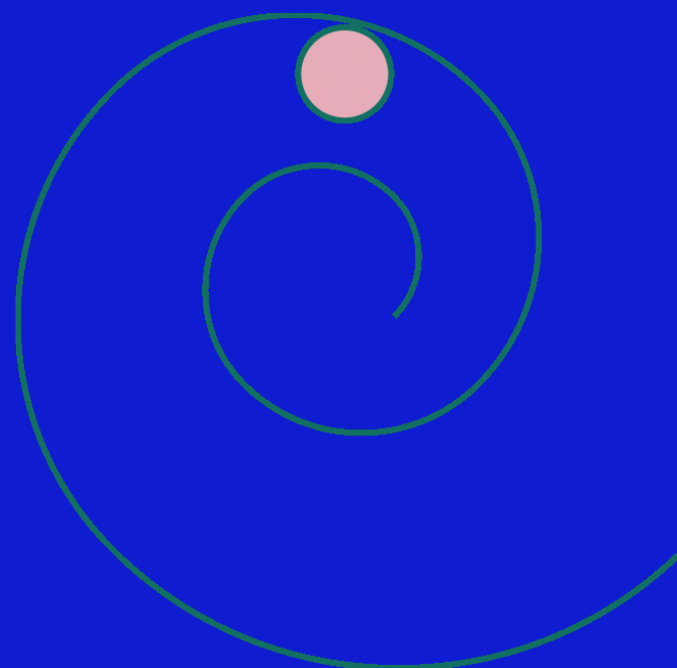
BREATHING
TECHNIQUES



YOGA POSTURES



COMMUNITY



MINDFULNESS



CREATIVITY



SELF-EXPRESSION



OUR TEAM

We are guided by purpose and passion. We believe yoga and artistic expression help children feel more grounded, steady and happy. Our team brings experience in yoga, mindfulness and the arts, and a deep love for working with children.

Compliance: Fully covered by liability insurance.

Scalability: Additional qualified instructors and assistants join as enrollment grows, to keep a safe and supportive student-to-teacher ratio.

OUR PARTNERS





JOIN US THIS SUMMER

Spaces are limited. Registration opens soon through our community partners. Contact us to save your child's spot!

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upside-down-yoga-kids@gmail.com · 415.278.1983

Namaste 🙏