



THIS IS HOW I EXPRESS MYSELF

YOGA + FITNESS + DANCE + DRAMA + CRAFTS + WRITING

At Arts & Minds, we understand that by combining movement and creative arts, children are able to fully express themselves. And by developing their group skills, leadership abilities and community awareness they **build confidence**.

That's why we created a camp that incorporates movement (dance, yoga, and fitness) with creative arts (art, sensory play, drama, digital media, music and creative writing) to give your child a **full mind and body experience**.

CAMP INFORMATION

Various locations throughout Denver

Ages 3 - 11

June 5 – August 18

2 hour, half and full day programs



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