



Explore Tae Kwon Do & a whole lot more!

ZEN & the 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 BlackBelt & professional staff

Ages: 6-12

Dates: July 31- August 11 (Monday – Friday)

Time: 9 am – 3 pm

Rate: 2 weeks \$775; 1 week \$425

Call to request registration or visit www.insight-wellness.com

**Before and after care available. *Call to schedule an interview*

Activities to “Build a Better Brain”

- Mindfulness/Meditation
- TDK Fusion & Zen Yoga
- Nature River Day
- Creative Arts
- Super foods/Nutrition

Five Camp Goals

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

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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”.



25901 Emery Road, Cleveland, OH 44128

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 & Peterson Scholarship Programs