

PETER BLUM FAMILY YMCA
SUMMER CAMP

2026

Yoga: Week 2



MONDAY
6/8

Jungle Adventure

- Welcome Circle
- Warm-Up Game
- Yoga Sequence:
- Jungle Poses
- Breathing Activity
- Draw Your Favorite Jungle Animal

TUESDAY
6/9

Ocean Adventure

- Welcome Circle
- Warm-Up Game
- Yoga Sequence:
- Ocean Poses
- Breathing Activity
- Ocean Yoga Postcard

WEDNESDAY
6/10

Superhero Power

- Welcome Circle
- Warm-Up Game
- Yoga Sequence:
- Superhero Poses
- Breathing Activity
- Ocean Yoga
- Superhero Badge

THURSDAY
6/11

PIZZA DAY

- Welcome Circle
- Morning Mediation
- Yamas
- Breathwork
- Yoga Flow
- Kindness Mediation
- Partner Yoga

FRIDAY
6/12

COW Ceremony

- Welcome Circle
- Morning Mediation
- Niyamas
- Breathwork
- Yoga Flow
- Affirmation Cards
- Gratitude Circle

What To Bring Each Day

- Nut-Free Lunch
- Snacks
- Reusable Water Bottle
- Close-Toed Shoes

- Nut-Free Lunch
- Snacks
- Reusable Water Bottle
- Close-Toed Shoes

- PIZZA MONEY DUE
- Nut-Free Lunch
- Snacks
- Reusable Water Bottle
- Close-Toed Shoes

- Pizza or Nut Free Lunch
- Snacks
- Reusable Water Bottle
- Sunscreen (labeled)
- Close-Toed Shoes

- KONA ICE MONEY
- Nut-Free Lunch
- Snacks
- Reusable Water Bottle
- Closed-Toed Shoes