

# anxious to awesome camp



"I really liked Anxious to Awesome™ Camp because it was relaxing, helps you understand your body and brain and helps you prepare for what life will bring. Thank you Ms. Erin!"  
Claire, age 11



LAKE COUNTRY SCHOOL OUTDOOR CLASSROOM • RISING 2ND-4TH GRADERS  
JUNE 20-24 1-3 PM \$150

## Helping Kids Navigate Stress and Anxiety with Fun, Practical Tools!

- Are worries keeping your child from being social, engaging in sports or other activities?
- Does your child feel disconnected, overstimulated, or overwhelmed?
- Does your child identify with their anxiety as "something is wrong with me and I can't handle it!"?

Join Mrs. Frey for a five day Anxious to Awesome™ Camp!

Your child will explore their inner resources by:

- **Regulating their nervous system** using the elements of nature with fun, easy-to-use tools of connection, breath, movement, focus, guided relaxation, self-compassion, games, art and more.
- **Becoming empowered** by learning how to pay attention to their mind and body.
- Learning some science of the **mind-body connection**
- Taking back their **personal power** and become the captain of their own ship!

This is a safe space where everyone is welcome.  
We are planting seeds of life-long skills!



erin frey  
HOLISTIC INTENTIONS  
MINDFULNESS - YOGA - MOVEMENT

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*Erin is the Mindfulness & Movement teacher at Lake Country School and owner of Erin Fergusson Frey – Holistic Intentions. She is a certified Children's Yoga teacher and Mindfulness Coach, specializing in supporting children and families*



CERTIFIED YOGA TEACHER | TRAUMA-INFORMED YOGA  
MINDFULNESS FOR CHILDREN

For more information and to Register visit [efyoga.com](http://efyoga.com)