


**CAMP
4 GIRLS**
FOR GIRLS 9-16 YEARS OLD
CAMP THEME
SELF LOVE

Empowerment4Girls
EDUCATE . INSPIRE . EMPOWER

1-DAY CAMP
FEBRUARY 2, 2019
9:30 am - 4:00 pm



Guest Teacher, Avishan Saberian, Sorig Kids

"Breathing is the foundation of health in all medical sciences. My hope is that all kids learn the foundations of proper breathing to stay healthy and happy. In this time we will discuss Buteyko Breathing Therapy from Dr. Konstantin Buteyko and Tibetan Breathing Techniques connected to the Tibetan Medical Tradition shared by Dr. Nida Chenagtsang for a combined and complete Full Spectrum of Breathing Exercises for everyone to benefit from. We will learn how to take our pulse and measure our respiratory rate along with two breathing exercises from each tradition."

In her 15 years of extensive work with parents & children of all ages Avishan's greatest motivation in doing the work that she does is seeing children thrive and live in health and happiness. She is the Founder and Director of Sorig Kids in Olympia, WA where she offers a 4-part series family Buteyko Breathing Therapy Courses, Tibetan Healing Yoga classes and she also offers pediatric care.

Avishan Saberian Licensed Acupuncturist L.Ac., and East Asian Medicine Practitioner E.A.M.P and Board-Certified Buteyko Breathing Educator B.B.E.



Guest Teacher, Deborah Grace

"Through art and guided visualization, Deborah Grace will help us learn how to embrace the many parts that make up our personality and self. We will celebrate our unique strengths and learn how the parts we don't always like have meaning and purpose. Deborah will share the two skills she teaches in her work as a therapist that make all the difference in having a joyful life."

Deborah Grace is a mental health counselor specializing in helping clients learn how to cherish and accept themselves. She especially loves working with girls and young women.



Register Online @ www.Empowerment4Girls.com/Camps