

Get Moving! Building a Dynamic Mind and Healthy Body

An IU13 Summer Enrichment Experience



Who can attend?	Students entering Grades 5 through 8 in Fall 2023
Date:	Thursday, July 6, 2023
Time:	9:00 AM – 3:00 PM
Tuition:	\$55.00/student
Location:	The Conference and Training Center at IU13, Burle Business Park, 1020 New Holland Avenue, Lancaster, PA
Registration Deadline:	June 22, 2023
Camper Limit:	20

- Have you ever wondered how doctors of the past treated illnesses?
- Have you ever wondered how the brain works?
- Have you ever wondered why you can choose to move your arm, but your heart beats of its own?

Summer is a great time to make new friends while exploring the fascinating history of how doctors have treated illness throughout history. You will learn human anatomy through the practice of yoga. This discipline is something you can continue all summer long to feel your very best!

Join **Colleen Gergely** as we explore the ins and outs of anatomy, the history of medicine, and the introduction of yoga to the United States. Colleen has led several IU13 SEE Seminars and is a Certified Yoga Instructor and a Middle School Language Arts Teacher.

What to Bring/Wear:

- Lunch, drink, and filled water bottle.
- IU13 will provide a light snack.
- Wear comfortable clothing; bring a mat or towel.
- Room might be chilly - a sweater/sweatshirt is recommended.

“I liked learning how yoga connects to my mental and physical health. Doing yoga helps with my stress and calms me down”.

~ a former yoga participant

[Click here to register!](#)

Questions?

Visit [IU13](#), email enrichment@iu13.org, or call IU13 Gifted Education and Enrichment Services: 717-606-1732

NOTICE: IU13 reserves the right to cancel this experience if there is inadequate enrollment. A full refund will be given.

IU13 makes learning fun through its summer enrichment experiences. Each experience is an enrichment opportunity that requires teamwork, flexibility, and social interaction. Parents **LOVE** that their children meet new friends, enjoy hands-on learning, and have a great time! [For more information, go to **www.iu13.org** and search **Summer Enrichment Experiences**.](#)

Contact Information

Lancaster-Lebanon IU13
Janice Estabrook | Judy Trusz
(717)606-1732 • enrichment@iu13.org

Summer
Enrichment
Camps | **iu13**

1020 New Holland Avenue | Lancaster, PA 17601 | 717-606-1600 | www.iu13.org