

# EMPOWERMENT SUMMER CAMP FOR GIRLS AGES 6 - 12

# Shine

~ MOVE, CREATE, LAUGH, INSPIRE ~  
JULY 23 - 25 AND AUGUST 13-15, 2018  
9:30 AM - 12:30 PM

ALL NATURAL TRAINING STUDIO  
CINEMAGIC PLAZA - SALISBURY, MA

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I am so excited to share the launch of my empowerment summer camp for girls (ages 6-12) where everyone is encouraged to confidently and authentically shine her beautiful light.

I am on a mission to create a world where every girl grows up full of confidence, full of courage to stay true to her authentic self, where self-acceptance and love overshadow fear and doubt, where every girl believes she has the power to bravely pursue her dreams.

My experience as a Personal Trainer, degrees in Psychology and Nutrition, along with experience from my most important role – Mom to 3 courageously authentic girls – have been lovingly combined into the SHINE summer camp for girls!

SHINE empowers girls to playfully explore their many strengths, practice creative expression, and learn confidence-building movement exercises for physical and emotional health. SHINE also teaches girls to understand, manage and express their emotions in ways that feel authentic.

Program meets July 23 – 25 and August 13 – 15 from 9:30 to 12:30 at All Natural Training in Salisbury.

\$111 per week – sign up for both weeks and save 10%. Register at [www.incitefit.com/shine](http://www.incitefit.com/shine) **NOT SCHOOL SPONSORED**

**Call Cheryl Taylor: 978-902-6247 or e-mail: [ShineOnCT@gmail.com](mailto:ShineOnCT@gmail.com)**