



yoga playground

# KIDS YOGA CAMP

## SCHOOL HOLIDAYS 2 DAYS YOGA PROGRAMME

(small group only for maximum 10 kids)

WHEN: 17(Mon) & 18(Tue) Nov 2008  
24(Mon) & 25(Tue) Nov 2008  
01(Mon) & 02(Tue) Dec 2008  
15(Mon) & 16(Tue) Dec 2008

TIME: 8:00am - 5:30pm

COST: RM380

BRING: yoga mat, bath towel, water bottle, pillows,  
special toys, clothes to change, tooth brush &  
toothpaste.

**The SCHOOL HOLIDAYS YOGA PROGRAMME is about giving your child the time to enjoy being a child while helping him/her to learn vital life skills and get physically fitter.**

Childhood should be a magical journey of joy and discovery, but how often our children swamped with homework, tuition and extra lessons during the school term, leaving them too busy to learn the important things in life.

Success and happiness in life means more than just passing exams.

These are the valuable lessons that your child will learn:

1. Classical yoga and how it will help them to stay healthy; includes the foundation of yoga practice, alignment, balance, mindful breathing, concentration & relaxation.
2. More awareness of how their body works;
3. A calmer approach to exams through yoga;
4. How to deal with issues in schools, such as bullying, and not getting on with teachers;
5. How to use yoga to de-stress;
6. Healthy eating-your child will be taught to safely prepare his or her own healthy snacks.

**Don't miss this wonderful opportunity to give your child the chance to live a healthy lifestyle during the holidays.**

### 2 Days Camp Programme

#### Day 1

08:00 am Arrival & Breakfast  
08:30 am Setting up Tents  
09:30 am Yoga Intro  
10:30 am Morning Tea  
11:00 am Yoga Science  
12:00 pm Learn about good food & make  
your own lunch  
01:00 pm Brush teeth & shower  
02:00 pm Quiet/Sleep time  
03:00 pm Afternoon Tea  
03:30 pm Yoga Through Story  
04:00 pm Yoga Art  
04:30 pm Yoga Games  
05:30 pm See You Tomorrow

#### Day 2

08:00 am Arrival & Breakfast  
08:30 am Yoga Workout  
09:30 am Yoga Through Story  
10:30 am Morning Tea  
11:00 am Yoga Science  
12:00 pm Make your own lunch  
01:00 pm Brush teeth & shower  
02:00 pm Quiet/Sleep time  
03:00 pm Afternoon Tea  
03:30 pm Yoga Through Story  
04:00 pm Yoga Games  
05:00 pm Kids Presentation & Award Certificates  
05:30 pm End