

KIDS YOGA Summer Camp



With the increasing pressures from society and social media, children more than ever need a foundation of strength and understanding to successfully navigate the world. What better way to give your child an opportunity to learn new life-enhancing skills as well as be in a joyful environment than our Summer Kids' Camp in Tapovanam Yoga. Your child will have fun with new friends and discover new interests. Open to kids between 7-14 years as two batches, it is a unique and exciting way for your child to spend the summer.

The children will enjoy our camp and will have no time to get bored. They will be encouraged to explore every aspect of life: physical, mental and spiritual. Children learn the practice of yoga, how to meditate (sit quietly for the younger ones!) and just as importantly through a wide-range of activities to share, to give, to have compassion, to broaden their minds, and to develop discipline. They learn the value of karma yoga (selfless service) as they help to maintain the Ashram with their daily tasks. A certificate of participation is issued on completion of the course.

Activities

Every day children will have one yoga class. It will be fun as well as educational, and our teachers are skilled in keeping the attention of the children as well as instilling the discipline of yoga. Satsang, where the children meditate, chant devotional Sanskrit bhajans and listen to a short talk is an integral part of the morning and evening programme.

Arts and creative classes, outdoor games, indoor games, and workshops with special guest teachers are all part of the Camp, as well as organized day trips to local places of interest. A quiet time at the end of each day gives the child the opportunity to read, to write home or just to reflect on the day. Meals are vegetarian and snacks are provided during the day.



Batch 1: 7-14 years - 31st March to 10th April 2018

Batch 2: 7-14 years - 19th May to 29th May 2018

WHERE

Venue: **Sree Sankara Tapovanam International Yoga Training Centre, Athreya Research Foundation, Pampadi, Thiruvilwamala, Thrissur (Dist), Kerala**



Enquiry



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sreestv17@gmail.com



www.athreyam.com

Daily Schedule

6:00 am	Wake up
6:30 am	Satsang
7:30 am	Tea & Snacks
8:00 am	Yoga class
10:00 am	Brunch
11:00 am	Karma Yoga
12:00noon	Bhagavad Gita lecture or chanting class
1:30 pm	Tea & Snacks
2:00 pm	Arts & creativity / workshop / discussions
4:00 pm	Outdoor games
6:00 pm	Dinner
7:00 pm	Silent time – reading stories, writing home, likita japa etc.
7:30 pm	Satsang
8:30 pm	Happy assembly – indoor games
9:30pm	Lights out

Our Team



Our Yoga Guru and Team Leader Bhamashree Kaithapram Vasudevan Namboodiri

**Renowned Yoga guru with more than 32 years of teaching experience
UGC NET in Yoga, MA (English), MSc(Yoga)
Social Worker and Sanskrit Scholar
Director of Pathanjali Yoga Training and Research Centre, Ernakulam
Yoga Columnist in Malayalam Newspaper – Mathrubhumi.
Yoga teacher in Malayalam TV channel – Janam TV.
Author of 3 books on Yoga and 9 other books.
Editor of Yoga Paitrikam and Devahara**

Our Program In charge Dr. Anju T R., Ph.D.,FSAB

**Director & Scientist, Centre for Advanced Research.
Secretary, Society for Biotechnologists (India)
Fellow of the Society of Applied Biotechnology.
Recipient of Kerala State Young Scientist Award, IBS
Award in Medical Biotechnology & Prof. Edathil
Vijayan Award in Neuroscience.
Authored 42 international Research Papers, 2 book
chapters & several abstracts.
Editorial and Reviewer in many international
journals. Organizing member of several
International & National conferences.**

Our Faculty Team: Ms. K. V. Amala, Yoga trainer & therapist.

Our Chief Program Coordinator Shri. I. G. ChandraBabu

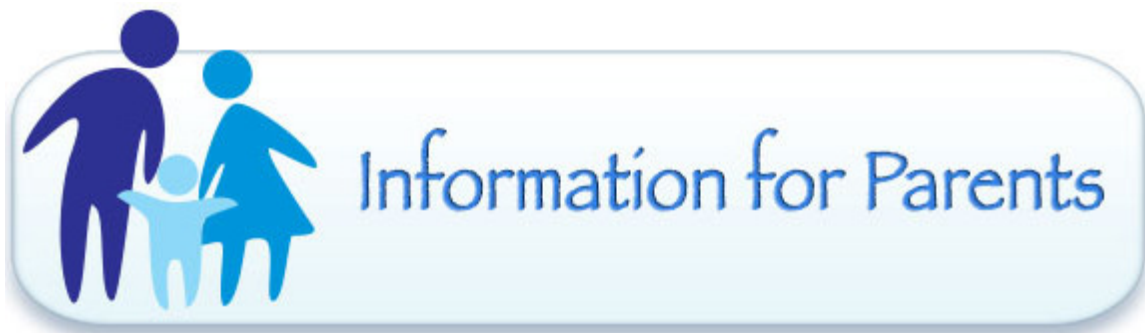
**Rtd. Manager (Travel & Tours), Kerala Tourism
Development Corporation.**

Our Program coordinators

***Shri. Anup Chandran, Trust member
Dr. Arun Chandran, Managing Trustee***

Our Medical Assistance Team

***Dr. M. K. Hemachandran, Rtd. CMO(District
Hospital); Senior consultant & Head (Ayur),
Athreyam Hospital
Dr. Anima Anup, Chief consultant, Athreyam
Hospital.***



- Children need to bring any medication they require, towel x 3, yoga asana clothes (loose pants & t-shirts), water bottle, note book, pen, torch with spare batteries, clothes for day trips and a passport size photograph.
- Children are free to leave after graduation. Parents are invited to meet the staff on the day of graduation. Both children and parents are welcome to stay at the ashram on the night after graduation. Accommodation on the night of graduation is free of charge for both children and parents.
- Children will not be admitted for partial stay, they must stay for the entire duration of ten days.
- Children are allowed to receive or make phone calls during their stay only during specified time allotted to them.
- Parents are not allowed to visit during Kids' Camp.
- Ashram cannot be held responsible for any item of value.
- No pocket money – but deposit can be left with the ashram.
- Laundry service available free of cost.
- Children are not allowed to bring the following items into the ashram: Walkmans, ipods, radios, electronic games, mobile phones, any electronic gadgets or teen magazines to maintain the serenity and atmosphere of the ashram.