

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.



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

Date: **Batch 1: 31 March to 10 April 2018**

Batch 2: 19th May to 29th May 2018

OUR TEAM



Renowned Yoga guru
**Bhamashree Kaithapram
Vasudevan Namboodiri**

Ms. K. V. Amala, Yoga trainer & therapist.

Medical Assistance Team: Dr. M. K. Hemachandran & Dr. Anima Anup.

Chief Program Coordinator: Shri. I. G. ChandraBabu.

Program coordinators: Shri. Anup Chandran & Dr. Arun Chandran. Program in charge: Dr. Anju T R, Ph.D.

For Enquiry, Booking & Details:

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