





# Vivekananda Yogashram

## A Day out at the Camp

Wake up	05.15 am
Prayer	05.45 am
Yoga	06.30 am
Break Fast	08.00 am
Shramadan	08.30 am
Bath & Ablution	09.00 am
Patriotic Songs	10.00 am
Morning Session	10.30 am
Lunch	12.30 pm
Yoga Nidra	01.30 pm
Activities	02.00 pm
Snacks	04.00 pm
Tune with Nature	04.15 pm
Freshen up	05.15 pm
Bhajan Sandhya	06.00 pm
Yoga Activites	06.45 pm
Dinner	07.30 pm
Happy Assembly/group discussion	08.30 pm
Daily Diary	09.30 pm
Light off	10.00 pm

### \* 10 Days Camp

in the serene environment of Yogaashram  
For Boys & Girls of 10-16 yrs  
in 3 Batches

- ❖ 1st Batch : 1st- 10th April 2024
- ❖ 2nd Batch : 11th - 20th April 2024
- ❖ 3rd Batch : 21st-30th April 2024
- ❖ Camp Fee : Rs. 7,999/-

**Limited  
Seats of 40**

(20 Girls & 20 Boys)

**Hurry up!**

Join your child now!

Interested Parents to Contact



**9630791958 / 9448004161**



**svyogaashram@gmail.com**