

Vivekananda Yogashram

Off. Kanakapura Road, Gabbadi, Harohalli Taluk Ramanagara District-562112 www.vyogashram.org



Enroll your child to unlock the hidden potentialities

at Physical, Mental, Emotional, Intellectual & Spiritual levels in the young ones from an early age.

Yoga Practice

- Breathing Practice
- Surya Namaskara
- Asanas, Pranayama
- Trataka (Eye Exercise)

Sessions

- Value Education
- Emotion Culture
- Memory, Concentration
- Creativity
- Personality Development
- Voice Culture
- Health & Diet
- Streams of Yoga

Activity

- Vedic Mathematics
- Calligraphy
- Clay Modeling
- Mask Making
- Dance Therapy
- Yogic Games
- Memory Games
- Trekking
- Camp Fire

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Scan to Register





Camp Venue



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



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