



## This summer, let your children soak in a fun-filled camp of ਰਿਹਰੇ । ਜਿਨਫ਼ਵ ਫ਼ ਬਿੰਦਿ

August 19th to 23rd ● 11 a.m. to 4 p.m.
On August 23, we end with a picnic and fun times with parents.



All Ages Welcome • Cost: \$151 for all five days (meals included)

पुठड्रव • वेबात्टह • लपहोट • न्वाइठोइ (ट्वोठन लबातेबोबह) इर्राट्याहित • ट्विट्याहित • लबारित • लबारित • लबारित • लिखारित • लि

Our children live in a hurry-up world of busy parents, school pressures, incessant lessons, video games, malls, and competitive sports. We usually don't think of these influences as stressful for our kids, but often they are. The bustling pace of our children's lives can have a profound effect on their innate joy — and usually not for the better.

When children learn techniques for self-health, relaxation, and inner fulfillment, they can navigate life's challenges with a little more ease. Children derive enormous benefits from yoga. Physically, it enhances their flexibility, strength, coordination, and body awareness. In addition, their concentration and sense of calmness and relaxation improves. Doing yoga, children exercise, play, connect more deeply with the inner self, and develop an intimate relationship with the natural world that surrounds them. Yoga brings that marvelous inner light that all children have to the surface.

When children imitate the movements and sounds of nature, they have a chance to get inside another being and imagine taking on its qualities. When they assume the pose of the lion (Simhasana) for example, they experience not only the power and behavior of the lion, but also their own sense of power: when to be aggressive, when to retreat. The physical movements introduce kids to yoga's true meaning: union, expression, and honor for oneself and one's part in the delicate web of life.

We will co create lessons and learning using movement, song, dance, food, drawing, and anything else that the children will teach me. We hope to sow in them a seed of consiousness which will bear fruit as they get ready to embark into the world.

## PLEASE ENROLL IN ADVANCE! 10 CHILDREN REQUIRED FOR CAMP TO TAKE PLACE Contact shibana\_s@yahoo.co.uk or call 510-676-9147

| Food, Fitness, & Faith |
|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|
| Children's Camp        |
| 510-676-9147           | 510-676-9147           | 510-676-9147           | 510-676-9147           | 510-676-9147           | 510-676-9147           | 510-676-9147           | 510-676-9147           |
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