



HOLISTIC PERSONALITY DEVELOPMENT CAMP

Organized by: Sri Anagha Datta Society of Calgary & Sadhana Sangama International

KIDS CAMP - August 19 2011 / 8am – 5pm

Camp Highlights:

Yoga - Yogic Kriya (eg. Tratakas - to improve Memory and Concentration)		
Yogasanas - Surya Namaskar	Meditation for kids	Pranayama
Mantras and Slokas	Arts	Games
Simple Dance movements	Creative Talent Show	Fun.Fun.Fun

Where:

Glamorgan Community Centre.
4207, 41-Ave SW, T3E 1G2

When:

August 19, 2011 / 8am – 5pm

Contacts

Lalitha Bhagawatula: 403-668-0653

Khalpana Murugavel: 403-201-7226

Email: calgarykidscamp@gmail.com

Age Limit : 6 to 16. Children will be grouped according to their age and participate in activities suitable to their age.

Kids can be dropped of at 7.30 AM and picked up by 6.30 PM

Registration Fees: \$50.00 Per Child. Breakfast, Lunch and refreshments will be provided.

Please Register before 10th August 2011

Facilitators: Smt. Jyothi Pattabhiram & Guruji.Pattabhiram (Bengaluru, INDIA)



SADHANA SANGAMA INTERNATIONAL
Health, Happiness and Harmony through Holistic Living



Smt. Jyothi Pattabhiram and Guruji. Pattabhiram, disciples of Swami Rama of the Himalayas and directors of Sadhana Sangama Trust, based in Bengaluru, India. Sadhana Sangama is dedicated to Spirituality, Dance, Music and Holistic Education on a Gurukula model. Smt.Jyothi is an accomplished Bharatanatyam Dancer and a passionate teacher. Her performances blend the art of dance and the science of yoga. Guruji Pattabhiram is well known for his Spiritual discourses and his mission to teach, inspire and guide people in the wisdom of Yogic Science. For the last 26 years, Sadhana Sangama has been conducting *Kids Personality Development Programmes / Camps*, with a vision to create a vibrant Humanity.

All proceeds go to support Sadhana Vidyalaya, a school run for Rural Children, for more information please visit <http://sadhanasangamainternational.org>