

# Yoga Bharati



INVITES YOU

## Yoga for Kids – Winter Camp

**Yoga is fun too!**

**December 21<sup>st</sup> to Dec 24<sup>th</sup>**

**Classes: Mon-Thurs: 10 am to 12 noon**

**Age Group: 6 to 12 years**

(\$60 for 8 hours, early registration before 12/10/09 \$50)

**Sunnyvale Hindu Temple**

**420 Persian Drive, Sunnyvale, CA 94089**

**(Registration Deadline: 12/18/2009)**

<http://www.yogabharati.org>

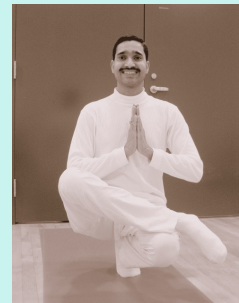
Whether you are looking for some fun activity or a special program to teach good values and awareness about health and happy lifestyle to your kids, we are there to help you! Yoga and spirituality is not only for old age! In fact it begins now, at a tender age.

- Yoga helps kids develop awareness, self control, flexibility and coordination.
- Yoga teaches them to lead a good and healthy life.
- Yoga sharpens their mind and intellect, improves concentration.
- Yoga brings about peace and harmony in the world!

**So kids, hurry up. Start while you are young enough!**

### ***CAMP SPECIAL:***

Parents, we will have yogi Mahendra in the camp specialized in Laughter Yoga! Kids will have an absolute fun with yogi Mahendra! To find details about yogi Mahendra, visit [http://www.yogimahendra.com/meet\\_yogi.htm](http://www.yogimahendra.com/meet_yogi.htm)



**Come and join your kids and teach them to begin their yoga lifestyle now  
This can be a greatest gift you will give them.**

<b>Vedic Mathematics!!</b>	<b>Shlokas in Sanskrit!</b>	<b>Krida Yoga</b>
<b>Environment Awareness</b>	<b>Junk food – No Thanks!</b>	<b>Pranayama</b>
<b>Asanas, Suryanamaskaras</b>	<b>I can Meditate too!</b>	<b>Reading/Writing Hindi/Sanskrit</b>

**For details contact:**

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