



Reinforcing Positivity Through Awareness

Color Coordinated Indoor Multi-Activity Camp

For Ages 6-11yrs.

An inspiring fun filled day camp will focus on awareness of mind, body and speech through laughter and learning, health and well being, peace and understanding, as well as acceptance for oneself/others. Children's' imaginations will go beyond the box as they get creative with meaningful games, learn Yoga & Meditation techniques, activities and craft with themes of developing and building character, promote wellness & self confidence.

RED

Monday

Awareness
of the Mind

BLUE

Tuesday

Awareness
of Speech &
Actions



GREEN

Wednesday

Awareness of
Surroundings

ORANGE

Thursday

Awareness of
Knowledge

YELLOW

Friday

Integrating
Gratitude &
Joy

When: August 7-11th

Where: JVB Preksha Meditation Center; 14102 Schiller Road Houston, TX 77083

Timings: 9am-4pm

Price: \$150 per child (Bring your own lunch, snack & drink provided)

For further Inquiries, please call Seema Jain @ 281-575-0575

