

Yoga Bharati



Detroit Chapter

www.yogabharati.org/detroit

Yoga Bharati welcomes you to discover the treasures of yoga. Yoga Bharati is a non-profit, voluntary organization dedicated to spreading **health** (physical), **happiness** (mental), **knowledge** (intellectual), and **peace** (spiritual) among the members of the community. We conduct a number of yoga related workshops, lectures and demonstrations to benefit the general public. The Yoga techniques used in our program have been developed by our parent organization VYASA - Vivekananda Yoga Anusandhana Samsthana. VYASA has over 20 years of research experience in Yoga and is a deemed University by Government of India in the field of Yoga and Science. With its unique position as a leading Yoga Research Organization in the World, VYASA has been given the mandate by leading Government bodies to conduct various research projects.

Yoga for the youth - 2007

Date:	July 15 th , 22 nd , 29 th and August 5 th , 19 th , 26 th
Time:	11:00 am – 12:00 pm
Location:	William Costick Center, 8600 11 Mile Rd. Farmington Hills, MI
Age Group:	8 and above.
Instructor:	Yoga Bharati certified instructors
Cost:	\$30/- per 6-week session. Walk-ins are welcome.

Yoga is a wonderful way to build focus, coordination, confidence, strength and self-esteem in children. In this 6-day camp, children will learn the basics of yoga postures and movements along with simple relaxation techniques in a safe, non-competitive, injury-free environment. We will go on a fun-filled yoga adventure interlaced with exercises, story telling and relaxation.

The Children's Yoga Camp will help your child:

- Develop a strong, flexible and healthy body.
- Increase concentration, focus and attention.
- Build self-esteem and confidence.
- Cultivate a peaceful, relaxed state of body and mind.
- Express creativity and imagination.
- Acquire personal tools for stress management.
- Explore self-reflection.
- Have fun!

Notes:

- Children should bring a Yoga mat or a Beach Towel to the class.
- Children are not allowed to bring the following items to camp: Walkmans, ipods, electronic games or any other electronic device.
- Mobile phones should be turned off for the duration of the camp.
- Parents are requested not to remain in the hall during the session as it will be a distraction for both the child as well as the instructor.

Information & Registration:

Class size is limited, so please call or email at your earliest to register.

Email: detroit@yogabharati.org **Yoga Bharati:** www.yogabharati.org/detroit

Phone: 248-788-0858, 248-478-1467

Payment for the camp must be made in full before the start of the first class.