

FREE!

**Information
Pack**

Amsterdam Kids Summer Camp

16th ~ 18th August 2022 • 10am to 2pm

Meditation & Play



Presented by Sahaja Yoga Meditation Netherlands
www.sahajayoga.nl/kids2022



Fun filled, creative and outdoor activities
For 7-12 years old
Cov-id friendly, All sessions in English

What will we be doing?

- **Meditating and enjoying silence**
- **Hearing inspirational stories**
- **Fun with science**
- **Pottery**
- **Singing**
- **Designing and crafting**
- **Doing a feet spa and much more!**

*Parents are also welcome
to observe and participate*



Kids Summer Camp 2022

Day 1 Camp Schedule

9:45 am to 10:00 am
Kids arrival time

10:00 to 10:30 am
Introduction and Ice
Breaking Session

10:30 am to 10:45 am
Experience meditation
and silence

10:45 am to 11 am
Story time

11 am to 12 noon
Designing and painting

12 Noon to 12:45 pm
LUNCH BREAK

12:45 pm to 1 pm
Fun activity

1pm to 1:30pm
Sa Re Ga Ma lets sing

1:30 pm to 1:45 pm
Day Quiz

1:30 pm to 1:45 pm
Foot soak and silence

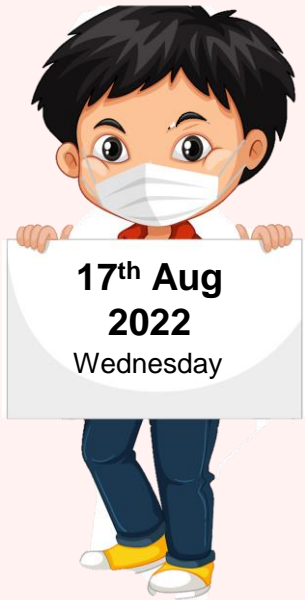
1:45 pm to 2 pm
Recap and wrap up

2 pm to 2:10 pm
Kids pickup



Kids Summer Camp 2022

Day 2 Camp Schedule



17th Aug
2022
Wednesday

9:45 am to 10:00 am
Kids arrival time

10:00 am to 10:30 am
Introduction and Ice
Breaking Session

10:30 am to 10:45 am
Experience meditation
and silence

10:45 am to 11 am
Story time

11 am to 12 noon
Pottery workshop

12 Noon to 12:45 pm
LUNCH BREAK

12:45 pm to 1 pm
Fun activity

1pm to 1:30pm
Good Habits

1:30 pm to 1:45 pm
Day Quiz

1:30 pm to 1:45 pm
Foot soak and silence

1:45 pm to 2 pm
Recap and wrap up

2 pm to 2:10 pm
Kids pickup

Kids Summer Camp 2022

Day 3 Camp Schedule



9:45 am to 10:00 am
Kids arrival time

10:00 am to 10:30 am
Introduction and Ice
Breaking Session

10:30 am to 10:45 am
Experience meditation
and silence

10:45 am to 11 am
Story time

11 am to 12 noon
The great scientists :
Fun with Science

12 Noon to 12:45 pm
LUNCH BREAK

12:45 pm to 1 pm
Fun activity

1pm to 1:30pm
Oral hygiene and
healthy eating

1:30 pm to 1:45 pm
Day Quiz

1:30 pm to 1:45 pm
Foot soak and silence

1:45 pm to 2 pm
What's next and wrap up

2 pm to 2:10 pm
Kids pickup

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16th – 18th August 2022

Meditation & Play

More details and registration at
www.sahajayoga.nl/kids2022



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