

## Jain Vishva Bharati, London

### Preksha Meditation Spiritual Camp: Discover Your Self

#### Schedule for Children

| June 4 <sup>th</sup> , 2016 |   |
|-----------------------------|---|
| 9:00 – 10:00 am             | Registration and Break fast   |
| 10:00 – 10:30 am            | Opening Ceremony  |
| 10:30 – 11:30 am            | <b>What Makes you Big</b><br>Samani Rohit Pragya  |
| 11:30 am– 12:00 pm          | <b>Memory power: Yoga</b><br>Renu and Natasha   |
| 12:00 – 12:30 pm            | <b>Memorizing Spiritual Hymns</b><br>Samani Unnata Pragya                                 |
| 12:30 – 12:50 pm            | <b>Relax your body and mind</b><br><b>Kayotsarg</b><br>Samani Unnata Pragya               |
| 12:50 – 2:00 pm             | Lunch and Rest  |
| 2:00 – 2:40 pm              | <b>Me and Mom!!!</b><br>Samani Unnata Pragya  |
| 2:40 – 3:15 pm              | <b>Lecture &amp; Game:</b><br><b>Live the Best and Be the Best</b><br>Samani Rohit Pragya |
| 3.15-3.45 pm                | <b>Life of Mahavir</b><br>Samani Unnata Pragya  |
| 3:45 – 4:15 pm              | Tea Break and Photo Session   |
| 4:15 – 5:30 pm              | <b>Flag Games (Activity) and Memorization</b><br><b>Session</b><br>Samani Unnata Pragya   |

|                 |  |
|-----------------|--|
| 05:30 – 6:30 pm | Dinner   |
| 6:30 – 7:00 pm  | Walking Meditation (Gaman-Yoga)  |
| 7:30 – 9:30 pm  | <b>Evening Prayer + Quiz: Test Your Knowledge through Spiritual Cricket</b><br>Samani Shukla Pragya<br>Samani Rohit Pragya |
| 10 pm - 6 am    | Yoga-Nidra (Sleep)   |

| <b>June 5<sup>th</sup> 2016</b> |  |
|---------------------------------|--|
| 8:00 -9:15 am                   | Breakfast  |
| 9.30- 10.30 am                  | <b>Yoga &amp; Pranayam Session</b><br>Renu and Natasha                                 |
| 10.30 – 11:00 am                | Activity:<br><b>My Creation</b><br>Renu and Natasha                                    |
| 11:00 – 12:00 am                | <b>Chandanbala Story and Treasure Hunt</b>   |
| 12:00 – 12:50 pm                | Namaskar Mantra – My True Friend   |
| 12:50 – 2:00 pm                 | Āhāra Yoga (Mindful Eating) & Rest   |
| 2:00 – 3:00 pm                  | <b>Memorization &amp; Story time: Manas and Gold coins</b><br><br>Samani Unnata Pragya |
| 3.00 – 3:40 pm                  | <b>Mantra and Meditation</b><br>Samani Rohit Pragya                                    |

|                |                                     |
|----------------|-------------------------------------|
| 3:40 - 4:00 pm | Tea Break                           |
| 4:00 - 4:45 pm | Renu and Natasha (Post It)<br>Games |
| 4.45 - 5.15 Pm | Closing                             |