



Caravan of Yogis is bringing yoga to kids in Singapore. Offerings include:

**Humpy Bumpy Caravan --- 3 day workshop for 2 to 4 yrs old yogis  
(August, 19 – 21st, 2010)**

(\$250 for all 3 days)

Pre-registration and 50% deposit required to secure a spot for your child.

**First Day --- Story Time Yoga (4:30 – 5:30pm)**

“Once upon time” is now at Caravan of Yogis’ Singapore travel. Stories jump off the page in this series with vibrant storytelling, puppets, and yoga poses. Your children get in on the action when we encounter a character that resembles a yoga pose and act it out! The postures will strengthen their muscles while the storytelling encourages them to flex their imagination.

**Second Day --- Yoga and Art (4:30 – 5:30pm)**

Bring your children to yoga, and be amazed by their brilliance. This class combines yoga and deep breathing to stimulate creativity in your little ones. To this combination, we add an art project for them to unleash their imagination. You will not believe what they bring home.

**Third Day --- Yoga and Dance (10 – 11am)**

Moving and Grooving is what comes with yoga sun dance. In this class, kids will shake their hips as the music plays, but when the music stops, they freeze in a yoga pose.

**Roaring Lion Caravan ---- 3 day workshop for 5 to 8 yrs old  
(August, 20 - 22nd, 2010)**

(\$350 for all three days)

Pre-registration and 50% deposit required to secure a spot for your child

**First Day --- Yoga Pajama Party (6 – 8pm)**

Children will have amazing memories of their pajama party full of calming yoga poses, positive visualization and restorative breathing as the scents of aromatherapy fill the night air. The only thing sweeter than their dreams will be the hugs of gratitude you receive from your little yogis.

**Second Day --- Yoga and Art (2 – 4pm)**

Bring your children to yoga, and be amazed by their brilliance. This class combines yoga and deep breathing to stimulate creativity in your little ones. To this combination, we add an art project for them to unleash their imagination. You will not believe what they bring home.

### Third Day --- Yoga and Dance (2 – 4pm)

Moving and Grooving is what comes with yoga sun dance. In this class, kids will shake their hips as the music plays, but when the music stops, they freeze in a yoga pose.

**Sangha is located at 56A Kandahar Street,**

**Tel: 62967202**

**For class schedules and other information,**  
please visit our website [www.sangha.com.sg](http://www.sangha.com.sg)

**To attend classes or workshops, please email us at [info@sangha.com.sg](mailto:info@sangha.com.sg)**

