

## Program Details

I Program:	13 <sup>th</sup> to 17 <sup>th</sup> May 2009
II Program:	18 <sup>th</sup> to 22 <sup>nd</sup> May 2009
Course Donation:	Rs. 7,500/- per person

Program registration is on a first-come first-served basis. (Limited seats availability.)

**Program Timings:** Participants are required to arrive at the venue by 4 pm of starting day and will be able to leave by 5 pm of last day of the program.



**Isha Foundation**, founded by Sadhguru, is an international, non-profit, humanitarian organization dedicated to enhance physical, mental and inner-wellbeing of all people. Isha Foundation has initiated several significant social projects such as *Action for Rural Rejuvenation*, *Isha Education* and *Project GreenHands*.



### Isha Foundation

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*Nature Awareness Program*

## *Isha Nature Awareness Program*

Nature is exciting, inspiring, refreshing and constantly changing. It is full of mysteries to be marveled at and beauty to be admired. However, today's children rarely have an opportunity to explore their connection with nature. **Isha Nature Awareness Program** is a fun-filled four and a half day residential summer camp for boys and girls in the age group 9-15 years. The program instills love of Nature and the power of yogic practices in growing children.

Living at the **Isha Yoga Center** and spending time in nature, children learn to appreciate simple treasures like gentle mountain breeze, musical chirping of birds, miracle of diversity in nature. These and other learning experiences bring an intimacy with nature in children and enhance their sense of well being. The program is an opportunity for children to get acquainted with numerous life forms, heighten their sensitivity to life and create an understanding and appreciation of interdependence amongst life forms.



## *Yoga*

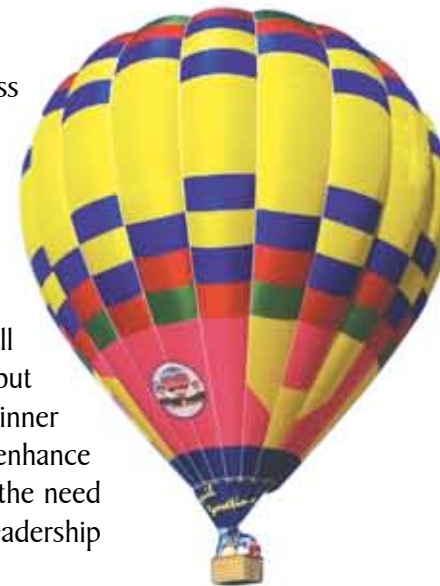
Children today are under a tremendous amount of stress from school, peer competition, and expectations of society. Stress affects the way children learn and interact with their surroundings as well as their health, well-being and confidence.

**Isha Yoga for School Children** creates the ultimate learning adventure while helping youth de-stress and relax.

Simple but powerful yogic practices taught as a part of the program will not only make the children more responsible and responsive to life, but also lay a strong foundation for their physical, mental, emotional and inner development. The program is designed for children to explore and enhance their personality, to inspire love and respect for all creation and stress the need to conserve Nature. It also helps to develop essential social skills like leadership and better interpersonal relations in a non-competitive environment.

## *Nature Awareness and Appreciation*

Program activities are developed to practically increase participants' knowledge about nature and initiate appreciation for wildlife including various species of plants, trees, reptiles and insects whereby they learn the importance of the eco system. The program includes Field trips to Tribal villages, guest lectures, live demonstrations and audio-visual presentations.



## *Trekking and Overnight Camping*

Treks through the various trails in the Velliangiri Mountain Range in the Nilgiris Bio-sphere cover varied habitats from shrubs and thorn-forests to grasslands, along with the associated forms of wildlife. Overnight camping and campfire in some of the most scenic locales, trekking, bird watching, etc. form an essential component of the program.



## *Adventure Sports*

Special adventure sports camp including **Hot Air Ballooning, Zorbing, Bungee Trampoline, Rappelling, River Crossing, Kayaking, Canoeing** along with Survival Skill Building and Team bonding will be imparted by experienced defense personnel to introduce adventure sports to school children.

