

LIFE BY DESIGN NOT BY DEFAULT

Children's Spiritual Retreat

5-Days Retreat for Children

9th to 13th October

Embark on a rejuvenating journey with our 5-day retreat, a curated experience, blending adventure, mindfulness and creativity.

Join us for a mindful journey of self-discovery, relaxation and make meaningful connections with the world around you.



Mindful Pupil
Age Group: 13 to 18 years



This 5-day program at Pyramid Valley International equips 13-18 year olds **with the skills to navigate the complex world of relationships and media in a mindful and healthy way.** Through a blend of hands-on activities, nature exploration, introspective exercises, and discussions, participants will gain a deeper understanding of:

Healthy relationships:

Building strong friendships, fostering communication skills, and managing emotions within interpersonal connections.



Responsible media use:

Identifying positive and negative influences of social media, developing critical thinking skills for content evaluation, and promoting safe and mindful online engagement.



Self-awareness:

Recognizing and expressing emotions effectively, practicing mindfulness techniques for stress reduction, and cultivating a sense of self-worth.

Snippets

- Relationship Journaling
- Emotional Freedom Tapping
- Social Media: The Right Way
- Lasting Moments: Photo Frames
- Exploration into Friendships and Tribe
- Connect Art
- Adventure
- Trekking
- Nature Walk: Foraging for Colours
- Nests Making
- Making Colour from Natural Substances
- Installation and Book Reading at School
- The Social Network
- Flower Press



Young Learners Program

Age Group: 8 to 12 years



Snippets

- **Self-Exploration Through Buddha Tales**
Self-exploration through Buddha tales involves reflecting on the wisdom and teachings found in stories of the Buddha's life and his parables.
- **Mindfulness Mandala Art**
Mindfulness mandala art is a meditative practice that combines creativity with mindfulness.
- **Sutra Maths Genius**
The efficient techniques of Vedic Maths can simplify complex problems, reducing the stress associated with mathematical tasks.
- **Mindfulness Through Artistic Expression**
Clay Crafting and Block Printing
Creative expression through these art forms can serve as an emotional outlet, helping to process and release feelings in a mindful way.
- **Expanding the Physical Boundaries to Experience Mindfulness Through Yoga, Trekking, Adventure and Many Outdoor Activities**
- **Life Skill Sessions**
Self –Awareness | Critical Thinking | Managing Emotions
- **Experience of Gaushala and Organic Farming**



Mindful Marvels

Age Group: 4 to 7 years



Children will dive into creative storytelling and hands-on origami crafts, explore relaxation through yoga and meditation, and enjoy the great outdoors with nature walks. They'll also get their hands dirty with pottery and farming, embark on thrilling adventure (archery), and cool off with swimming sessions. This multifaceted program aims to nurture creativity, physical fitness, and a love for nature in a fun and interactive environment.

Note: Schedule of the programme will be provided after registration



+91 84479 54610 / +91 94839 41615
Seshan - 81056 77701



ashwini@shreansdaga.org
monika@shreansdaga.org



www.pyramidvalley.org

Call us to Register