

Holistic Summer Camp

Practical/Physical Tune-up

10.30 - 11.00 - Check-in, Greeting to Music

11.00 - 11.15 - Dance routine

11.25- 11.30 Break

Logical/Mental Tune-up

11.30 - 1.00 Holistic Learning

A chance for one to gain confidence and raise their awareness about themselves and surroundings, through language, maths, science, discussions and real-time experiments.

1.00 - 1.30 Break

Intuitive - Emotional/Energetic/Spiritual Tune-up

1.30 - 3.00 - Creative time/Express yourself

Through poetry, dance/expressive movement, arts and crafts you get the chance to find/explore hidden talents and a fun way to express how you think and feel

Wind down zone

3.00 - 3.30

Deep breathing and reflection time. A space to relax, find a balance, gather your thoughts and share.