

« I want to thank you all again for making this a summer I will ALWAYS be grateful for! This summer has truly changed my life and cannot begin to say how very thankful I am for meeting all you incredible people! I am so blessed!!!

On the first day when we were talking about feelings and emotions, everything just suddenly hit me! I had never really talked about these feelings before and had always just pushed them aside. These 6 days have really opened me up and I feel as though someone has lifted a ton of bricks off my shoulders! I am finally free! I have learned to be grateful for the little things and to live life to the fullest! Thank you for being such an important part of my story! »

- Camper 2016

CAMP REGISTRATION

\$845

REGISTER ONLINE AT

CampSantosh.com

CAMP DIRECTORS

Anna Chigogidze

Mark Fry

514 554 6797

campsantosh@artofliving.ca

The Art of Living Foundation offers programs that eliminate stress, create a sense of belonging, restore human values, and encourages people from all walks of life to come together in celebration, wisdom and service.

INTERNATIONAL ART OF LIVING CENTRE

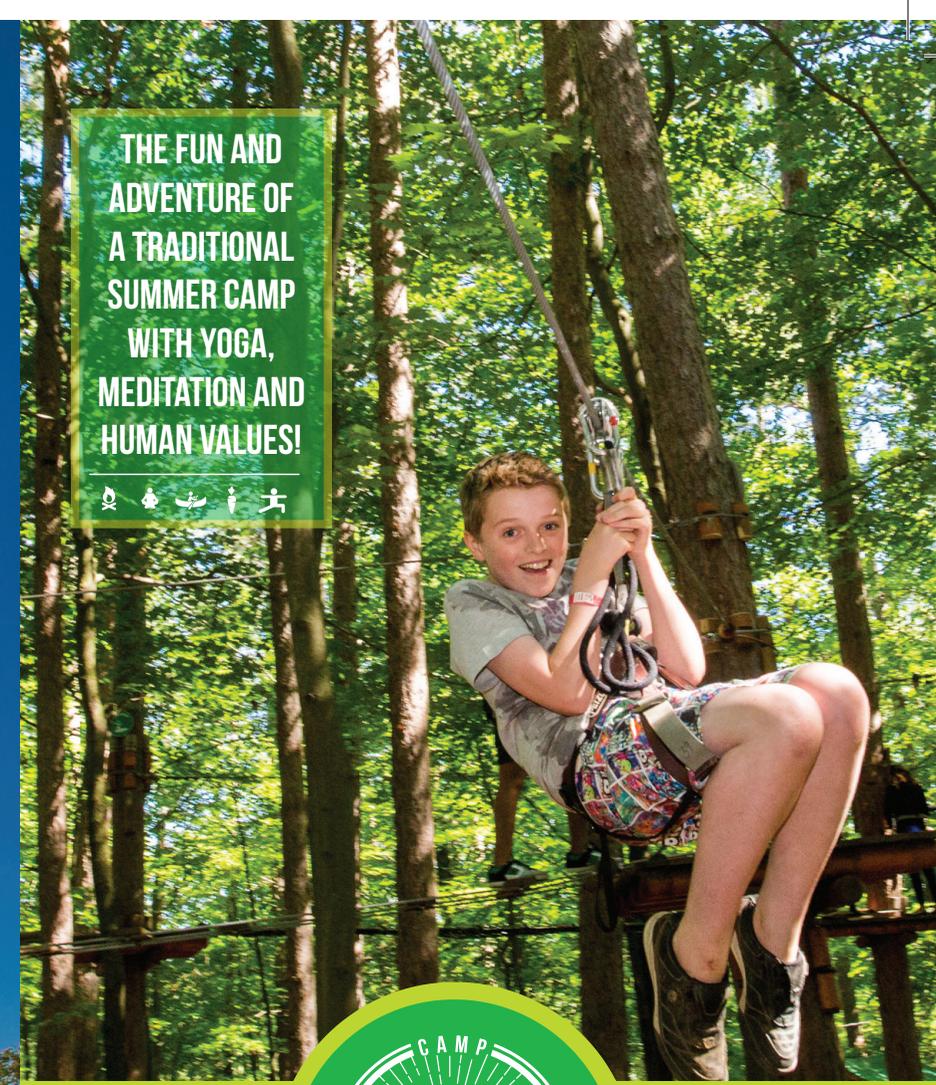
13 Chemin de L'Infinite

Saint-Mathieu-du-Parc, Quebec G0X 1N0

819 532 3328

www.artofliving.org

THE FUN AND
ADVENTURE OF
A TRADITIONAL
SUMMER CAMP
WITH YOGA,
MEDITATION AND
HUMAN VALUES!



JULY 29TH-AUG 5TH

ART OF LIVING YES & ART EXCEL • KAYAKING • SWIMMING
BONFIRES • SINGING • ORGANIC GARDEN • NATURE WALKS
VEGETARIAN COOKING • GAMES • & MUCH MORE!

CAMP SANTOSH.COM



ABOUT CAMP SANTOSH

Presented by the Art of Living Foundation, Camp Santosh combines the fun and adventure of a traditional summer camp, with yoga, meditation, breathing techniques and human values education. Our vision is to inspire campers to excel in life and to achieve success while dropping their worries, and being naturally happy, confident, and friendly. Offered at our breathtaking 275 acre site, campers learn life skills, yoga, breathing techniques and meditation as tools to manage their stress and negative emotions, while making friendships and memories that will last a lifetime.

YES! AND ART EXCEL COURSES

YES! (ages 13-17) and Art Excel courses (ages 8-12) are fun and transformative life skills and self-empowerment programs that prepare students to excel in all areas of life. Learning how to maintain a healthy body, healthy mind, and healthy lifestyle is the essence of these programs. Combining yoga, meditation, breathing techniques, games, interactive discussion and experiential processes, students learn how to achieve their goals and dreams with confidence and enthusiasm. Children learn how to drop their worries and be naturally confident, happy, and friendly.

Both programs feature the Sudarshan Kriya breathing technique, an effective way to calm the mind, reduce anxiety, and remove doubts. Campers learn how to continue these practices at home to improve their focus at school, to handle negative emotions like anger & fear, increase their creativity & confidence, and relate better with their parents and peers.

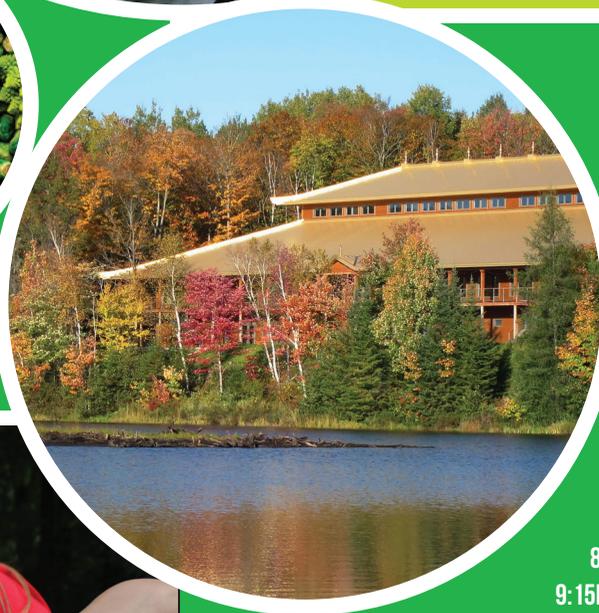


THE GREAT OUTDOORS!

Kayaking, nature walks, ropes courses and much more. The International Art of Living Campus is situated on 275 acres of land with five beautiful lakes.

VEGETARIAN CUISINE

Campers will learn about nutrition and preparing delicious vegetarian cuisine with vegetables they harvest from our natural agriculture two-acre organic garden



DAILY SCHEDULE

- 7:45AM - WAKE UP
- 8:30AM - BREAKFAST & VOLUNTEERING
- 9:30AM - MORNING SESSION
(YES! AND ART EXCEL COURSES WITH SNACK)
- 12:30PM - LUNCH
- 1:30PM - ZAP TIME
- 2-5PM - AFTERNOON SESSION
- 5-5:30PM - ZAP TIME
- 5:30PM - DINNER
- 6:30PM - ZAP TIME
- 7-8:30PM - EVENING ACTIVITY
(GAMES/SINGING/MUSIC/BONFIRE)
- 8:30PM - EVENING SNACK
- 8:45PM - TRANSITION TO BEDTIME
- 9:15PM - LIGHTS OUT
(10PM LIGHTS OUT FOR TEENAGERS)