

Emotional Intelligence Club Carroll High School

Vitality



A Fun Camp for Young Dragons 8 - 13 Years
Is your child ready for an action-packed day?

Please join us as we celebrate and promote the growth and development of children and youth. An action packed fun day for mind and body development!

Along with food, fun, activities and games, kid's also develop mental toughness and learn basic yoga!

Reserve Your Spot Today!

**Saturday,
February 13th,
2016**

Email at CarrollEQClub@gmail.com



Date: Saturday, February 13th, 2016

Location: Basketball Court, Carroll High School, Southlake

Coaches:

Sujay Lama: Coach Lama is the head tennis coach for women's team at University of North Texas. A proud PTR professional for more than 20 years, he received the PTR Jim Verdick College Coach of the Year 2014 award.

Jana Holland: Jana is a registered 500HR Yoga Therapy Instructor. She continues to study with wonderful teachers, and she enjoys teaching a variety of classes. She is the co-owner of Divine Center of Yoga.

Puneet Kumar: Puneet's passion is helping children realize their full potential and live successful lives. He is the founder of Applied Inner Sciences. Puneet is a certified Emotional Intelligence practitioner.

9:00 - 9:15	Welcome & Introduction
9:15 - 10:15	Yoga Workshop
10:15 - 10:30	Break
10:30 - 11:30	Fitness Workshop
11:30 - 12:30	Lunch
12:30 - 1:30	Mental Toughness - Resilience
1:30 - 1:45	Break
1:45 - 2:45	Fun Emotional Intelligence games
2:45 - 3:00	Closing - Recap key learnings

All this for just \$90 (Lunch & Snacks included)

Contact Us: CarrollEQClub@gmail.com