

## March Break Art & Wellness Camp



### Looking for an engaging and relaxing way for your kids to spend March Break?

Bring them to Manipura Holistic Arts and Wellness Learning Centre for a creative journey filled with painting, drawing, crafts, and mini yoga sessions; helping them express themselves and unwind before heading home.

### Camp Schedule Options:

- **Full-Day Camp (9 AM – 5 PM)** – Includes all activities plus additional creative projects and wellness breaks.
- **Half-Day Camp (1 PM – 5 PM)** – A condensed version of the full-day experience, perfect for an afternoon of creativity and relaxation.

### What Your Child Will Experience:

**Creative Expression** – Daily painting, drawing, and craft projects to nurture artistic skills.

**Brushstrokes of Relaxation** – Mindful art techniques to help kids express emotions through creativity.

**Mini Yoga & Movement** – Gentle yoga sessions at the end of the day to promote relaxation.

**Fun & Social Engagement** – A welcoming space to make new friends and explore imagination.

**Date: March 10th to March 14<sup>th</sup>**

**Location : Manipura Holistic Arts & Wellness Learning Centre**

**5 Days : 9am-5pm Price: \$450 + Tax**

**3 days : 9am-5pm Price: \$270 + Tax**

**5 days : 1pm-5pm Price: \$375 + Tax**

**3 Days : 1pm-5pm Price: \$225 + Tax**