

Sadhana USA Corporation

A New Non Profit Organization in Indianapolis



Summer Day Camp Schedule 2013

Sadhana USA Day Camp's include: (See attached daily agendas) 2 hours of high intensity fitness training, active play, picnic lunch (brought by child) and several hours of unique service and enrichment opportunities. Combat sedentary habits and egocentric thinking while increasing confidence and a healthier body, mind and spirit by enrolling your children into a Sadhana USA Day Camp today!

June 3rd - Aug 1st Cost \$35 Per Day

8:45am to 4:30pm Monday Through Thursday

See Attached Agenda for Specific Times and Exceptions

Space is Limited! Return Registration Forms ASAP!

Remain Flexible by only paying for the days YOU want!

Sadhana USA's Area's of Training:

Somatic Skills: (Core Fitness, Speed and Agility)

Stimulate Spirituality: (Awareness of God & Values)

Societal Service: (Getting More by Giving More)

Supplement Scholastics: (Mentoring & Enrichment)



Monday - Lead Youth Fitness Stations, Prepare and Serve Lunch, Clean Shelter

<http://dayspringindy.org/about/programs/>

Tuesday - Activities to Enrich the Lives of Adults with Mental/Physical Challenges

<http://www.joyshouse.org/caregiver-support/>

Wednesday - Support Therapists Providing Equine Therapy to Special Needs Youth

<http://www.hopehavenhorsefarm.com/about>

Thursday - Inner City Peer Mentoring and Increase Emotional/Spiritual Awareness

http://www.peacelearningcenter.org/k_12_programs

***"The difference between what we do and what we are capable of doing would suffice to solve most of the world's problems."* Mahatma Ghandi**

For Registration Forms or More Info: Kyle.Ochs@SadhanaUSA.org - 317.663.9481