



YOUTH EMPOWERMENT SEMINAR

EXAM READY ✦ LEADERSHIP
STRESS-FREE ✦ RESPONSIBLE
UNLOCK YOUR POTENTIAL

A **complete** package of yoga, **breathing exercise**, meditation, learning through **interactive processes** and games specially designed for teens (13 to 18 years)

Benefits:

- Handle negative **emotions** with ease
- Techniques for mental **focus** and **concentration**
- Tips for increasing **memory**
- Handle **relationships** effectively
- Overcome fear & **anxiety**
- Readiness to take on **responsibilities** for community

AUG 7th-9th

Fri-Sun: 3:00-5:00 PM
Sunday: Graduation Ceremony TBA

Fee = B\$90

Panaga Club
Pelangi Hall
Brunei Darussalam



artofliving.org

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