

ARTEExcel

All Round Training in Excellence

Yoga, Meditation and Breathing techniques for kids (ages 8-13)

Happy

Healthy

Cheerful

Friendly

To Excel in Life is an ART

Benefits:

Through games, interactive activities and group processes,

Kids will gain

- Overcome shyness and gain confidence
- Handle negative emotions with ease
- Tips for increasing concentration and memory
- Feel a connection to their parents and teachers

AUG 7th - 9th

Fri-Sun: 10:00-12:00 PM
Sunday Sunday: Graduation Ceremony TBA

Fee: \$ 75

Panaga Club/Pelanggi Hall
Pelangi Hall
Seria, Brunei Darussalam

Ah Fong: 713 8130
Hari: 839 9118

Lakshman: 725 8323
Bharat: 725 8322
aolsection.panaga@gmail.com