

Daily Schedule (An example) at the Yogasole Summer camp 2024

9:00 am - 9:15 am: Arrival and Welcome

- *Children are greeted by camp creators as they arrive at the camp in Fiesole, Le Bastiere. Parents can meet organizers and ask questions.*

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9:15 am - 9:30 am: Morning Circle

- *Start the day with a welcoming activity, singing, and clapping games.*

9:30 am -10 am: Yoga and movement

- *Join a mindfulness exercise or yoga session led by Aroon Ji.*

10:00 am - 11:15 am: Art and Crafts

- *Enjoy an art session with Sofia, Valentina, Johanna, and Umi. Explore painting, drawing, collage, sewing, and clay modeling.*

11.15 am - 11.30 pm: Snack Time

- *Have a healthy snack prepared by Valentina. Socialize with peers.*

11:30 am - 1:00 pm: Outdoor Adventures

- *Go on an outdoor adventure led by Aroon Ji. Explore nature, learn about plants and wildlife, and enjoy a moment of silence in the forest.*

1:00 pm: Lunch Pick-Up Option - Parents who choose lunchtime pick-up can collect their children at 1:00 pm.

1:00 pm - 2:00 pm: Lunch Break *

- *Kids can have a delicious homemade organic lunch. Parents are welcome to join for 10 euros per person with prior notice.*

2:00 pm - 3:00 pm: Music, Movement and Theatre

- *Join a vibrant music and movement session with Aroonji or Sofia. Participate in theater games in English or explore music through singing, playing instruments, and rhythmic activities. Focus is to Promote self-expression and creativity through music, dance, and theater.*

Note: On Fridays, there's a special presentation of our work for families and parents from 2 pm to 3 pm. All are welcome!

3:00 pm: Regular Pick-Up - Parents can pick up their children at 3:00 pm.

3:00 pm - 5:00 pm: Extended Stay Option

Parents can extend their child's stay until 5:00 pm for an extra fee of 10 euros per hour. Kids will enjoy supervised indoor and outdoor activities, such as games, arts and crafts, and free play.

Note: Each day of the week will feature a unique theme or focus, such as "Nature Day," "Art Exploration," "Music and Movement," "Adventure Day," and "Community Building." This variety ensures that children experience a diverse range of activities and opportunities for growth throughout the three-week camp program.