

Co-organizer:
The Yogaa Team



GREEN YOGIS FIELD TRIP INFORMATION

(Parents & Guardians Copy)

Dear Parents & Guardians,

The outing to the nature is here again. This time round, we will spend our Saturday in Jacob Ballas Children's Garden in Botanic Gardens. This garden is especially designed for children to play and learn about plants.

Children will really be amazed to 'meet' many plant species that surround them in their daily environment and food. This is an opportunity for the children to get in touch with nature; using their sensory organs, i.e. touch, to recognize different species of plants.

The session will be full of fun in the greens, appreciation and respect for nature.

Let your child spend the day in the green beauty, together with us. Sign them up now!

Age Group : * 5 – 12 years old

Date : Saturday, 11 September 2010

Time : 8:15 am – 4:00 pm

Outing Venue : Jacob Ballas Children's Garden in Singapore Botanic Garden

Departure & Arrival Point : AMYS yoga centre @ 1 Marine Parade Central #07-01 Parkway Centre

Fees : \$ 20.00 (Non-Members) \$18.00 (AMYS Members & SPOC Members*)
Includes Bus transport to & fro, Vegetarian Lunch & Tea break snack

Registration : **Contact:** 6344 6519 **Email:** yoga@anandamarga.org.sg
**SPOC Members to produce member card & e-coupon during registration

*Children **above** 12 years old are welcomed to join in the program & whenever necessary will help to assist the teacher. Please note the teachers will give more guidance to the younger children.

***Guardians are welcomed to join in the outing, however only limited seats are available, so please be prepared if we can't include you in, this time round. Guardians who are joining the outing will need to help to take care of other children as well.
(Fees will be charged according to child rate)

Note:

1. Please keep us informed, should you prefer to take your **own transport** (to / fro) the garden.
 - Participants have to reach Jacob Ballas Children's Garden by 9:30 am & be fetched by 3:30 pm.
 - Fees will remain unchanged, should you prefer such arrangement.

Ananda Marga Yoga Society of Singapore
1 Marine Parade Central, #07-01 Parkway Centre, Singapore 449408
Tel: +65 6344 6519 Email: yoga@anandamarga.org.sg www.anandamarga.org.sg

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Things To Bring & Wear

- A bottle of water
- An empty lunch box with fork and spoon (Disposable utensils are not encouraged)
- Insect repellent
- A cap or hat
- A small towel
- Wearing of shoes or hiking sandal is encouraged
- Preferably, put on cooling clothes, i.e. t-shirt & shorts / three quarter pants

Program Outline

- Meet at Parkway Centre @ 8:15am
- Arrive at Jacob Ballas Children's Garden's carpark @9:30am
- Yoga practice (20 mins)
- Participatory Briefing
- Tour in Jacob Ballas Children's Garden (1.5hr), areas to cover:
The Magic of Photosynthesis, The 'Living' Classroom, Epiphytes Galore, Fantastic Forest, Trees & Lighting, Drinks from Plants, DYE-ing Plants, Sensory Garden
- Picnic Lunch at Shelter near Eco lake (1 hr)
- Quiz & Games (20mins)
- Free Play in Children's Garden or Drawing near Eco Lake with teacher's supervisor (45 mins). Areas to play:
Suspension Bridge, Cave, Timber Deck, Tree House, A-Maze-ing Play, Four Sided Blocks and Playground
- Tea Break @2:15pm
- Leave Jacob Ballas Children's Garden @3:30pm
- Arrive at Parkway Centre @4pm



Consent Form

Green Yogis Field Trip @ Botanic Gardens

CONSENT FORM

(For each child or participant only)

Child Information

Name : Date of Birth :

Gender : Age Group :

Home Address :

Medical Information

Does the child have any allergies or special dietary?

Does the child have special medical needs if emergency medical treatment is required?

Child's Doctor's Name :

Address :

Tel No :

Parents / Guardians Information

Name : Relationship :

Contact No : (Mobile) (Home / Office)

My child will be picked up by any of the named (with mobile no.) individuals below:

(1) (2) (3)

Is the child allowed to leave the outing unaccompanied?

YES / NO
(please circle as appropriate)

In case of any Emergency, please contact:

Name :

Contact No. : (Mobile) (Home / Office)



Consent Form

Green Yogis Field Trip @ Botanic Gardens

Parents / Guardians Participation

Will any parents or guardians join the outing? Yes / No (please circle as appropriate)

Please state no. of persons joining in the outing (excluding your child) _____ persons

Name: 1. _____ Contact No. _____ Relationship: _____

Name: 2. _____ Contact No. _____ Relationship: _____

Taking Bus Transport: Going Return (please (✓) tick as appropriate)

If any of the boxes is **not** ticked, by default we consider you will be taking your own transport. (please read under Note, clause no. 1, about Own Transport)

Disclaimer

I, _____ give my consent to Ananda Marga Yoga Society of Singapore

(AMYS), to take my child _____ for an outing to Singapore Botanic Garden.

I, _____ understand that my child will be under the supervision of

AMYS's staff and volunteers who will take all reasonable care of my child but AMYS will not be held responsible for any losses, damages or injuries incurred during this outing or under any other circumstances.

Signature of Guardian / Parent

Name of Signatory

Date

FOR OFFICE USE ONLY

No. of Participants Membership No.

Amt Paid Bal Amt Receipt No.

Prepared by Date of Submission

AMYS's COPY