REGISTRATION FORM

Name:	session: Morning/Evening/Both	contact No:		Sign	Date of registration: Coach Sign
		ession: Morning/Evening/BothParent Name	Session: Morning/Evening/Both	Session: Morning/Evening/Both	ession: Morning/Evening/Both Parent Name contact No: Address

COACHING STAFF

Yoga Faculty

Ms Kalaiwani (Ph d)

Master in Yogic Sciences (Yoga Therapy)

BEST PERFORMERS

Under 12

Lyora Lipjo

V Sahana

Kavitha

Lithi

Under 14

Under 16

Hamsitha Saanvi J Sahana Ishika Roy Sana Jiya Nair Kiranna Shriya

Lyra

Rules

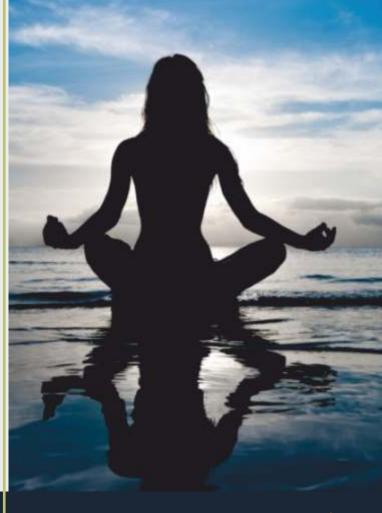
Note: - Demand Draft may please be favoured on the name "Kensri Trust Sports"

- Student should be in sports attire for their respective sports.
- Student should be 5 minutes before the class start their warmup.
- Student should maintain discipline during coaching. No uncomplimentary language to be used.
- Student should carry jump rope, water bottle, practice book.
- Student should not carry valuable items, vis mobile phone, watches, jewelleries etc.
- Student should not carry any carbonated drinks.
- Student must bring their fitness and practice book for each class.
- Student must arrange sports equipments to its place after the class.
- Student should not throw any items on the sports field.

#1348/444A, Mariya Street, Mariyannapalya, Bengaluru - 560 024. Ph : 080-2202 6000, 6560 4705. website : www.3dinnovate.com

KENSRI YOGA

- Asanas for flexibility.
- Pranayama for mind control.
- Meditation for mindfulness, visualization & concentration.



KENSRI SCHOOL & COLLEGE KENSRI Excellence Development System

KENYOGA

<u>Mission</u>: Kensports system is a holistic approach to child development, the approach is to ensure a sustained, committed and intensive program to fulfil a child's potential.

KENSRI Sports system emphasizes proper behaviour and academic performance. The sports system is structured as an academic subject. The primary purpose of sports is to provide the children with a forum for fun, conditioning/fitness, discipline, character building and to develop competitiveness to reach state, national and international level.

- Improvement of physical fitness
- · Acquisition of technical efficiency
- Education and improvement of mental capabilities.

We have a fantastic work place, where commitment & innovation drive us to EXCELLENCE. In addition to coaching in soccer, we are training children to improve quality in fitness constantly. Wonders never cease at KENSRI School and the fun never stops here.

- KENSRI has an infrastructure that allow you to practice individuals
- · Every sport has club.
- U-10, U-12, U-14 FUTUREs tournament is conducted
- Our effort is to produce state & national level players.

SANKALP PROGRAM

Dance & Yoga - A firm yet comfortable and relaxed sequence of dance movement with asanas. To improve:

- · Endurance.
- Flexibility

- Focused
- · Balanced.

Beginners:

Basic asanas

Dynamic Suryanamaskar

Pavanmuktaasana kriya

Intermediate:

Forward Bending Asanas

Backward Bending

Twisting Asana/Stretching

Balancing Asanas

Supine poses

Prone posses

Advance asanas

Therapy practices for anxiety and depression

Obesity

Hypertension

Diabetic

DRT (Deep Relaxation Technique)

Cyclic mediation

MSRT (Mind Sound Resonance Technique)

FUTURE

Good performer

PET (Pranic Energization Technique)

Pranic Healing (Basic, Advance, Psychotherapy)

Chakra Balancing (Beejmantra and music therapy)

	Adult program	Week days	5 Days	2000/-				
			3 Days	1500/-		а.п		
			Saturday 2 Days	1200/-		1 :o 10.00		
		Weekend	Saturday	1500/-		Week end 8.30 a.m to 10.00 a.m		
	Children program	Futures		1000/- per team		Batch W		
		Weekend	Saturday	-/008	1000/-	Be		
		Evening	5 Days	2000/-	2500/-			
			3 Days	1500/-	2000/-	4.30 pm		
		Morning	5 Days	2000/-	2500/-	Batch Evening - 3.00 pm to 4.30 pm		
			3 Days	1500/-	2000/-	ıg - 3.00		
				KENSRI student	Out siders	Evenir		
		> 2 2 3	0 0 0	Batch				