



SARASWATH LEARNING FOUNDATION (SLF)

presents

Training the Mind for Teenagers

By Ms. Lopa Paul

With stimulating exercises to

- *Increase Concentration*
- *Calm and Enrich the mind*
- *Improve Organizing Capabilities*

One-day Interactive Training Camp for High School students (Grades 9 - 12)

Time: Saturday, August 8, 2009 9.00 A.M. - 5.00 P.M.

Location: Millbrook Elementary School, 3200 Millbrook Dr, San Jose

Registration limited to 25 participants

Fee: \$40 - includes lunch, soft drinks, and take-home material

Registration form available online at

http://www.saraswath.org/content/forms/SLF_ttm_form_2009.pdf

Please mail completed Registration Form with a check for \$40 to Saraswath Learning Foundation, 3216 Neal Terrace, Fremont, CA 94538 by July 31,2009

Please call Narendrnath 408.223.1118 or Lopa Paul 650.576.7113 if any questions.

About the Trainer

Ms. Lopa Paul has conducted several workshops for youths to improve their soft skills. She is a Bay area resident working in the computer software industry for over 12 years. She had her K-12 education in Sri Aurobindo School, Pondicherry, India and later got her M.S. (Physics) at IIT, Kanpur. She also teaches Sanskrit in the Bay area.

About Saraswath Learning Foundation

Saraswath Learning Foundation (SLF) is a non-profit, charitable organization focused on educating children. It is volunteer-driven. Currently SLF has on-going education projects in India. We need volunteers who are interested to help the children. Please visit www.saraswath.org for details and forms.