

INTERACTIVE ONLINE PERSONAL GROWTH WORKSHOPS SCHEDULE

Here are the weekend online activities of VEGA Academy, which you can engage for free during the weekends to relax. Our parents are all welcome to join as well. There are different time slots scheduled for parents and students.

For Students:

	Weekend Schedule 12:00 – 1:00 pm	
	Saturday	Sunday
Emotional Freedom Technique (EFT)		✓
Twin Heart Meditation (Pranic Healing)	✓	
Yoga		✓

For Parents:

	Weekend Schedule 10:00 – 11:00 am	
	Saturday	Sunday
Emotional Freedom Technique (EFT)		✓
Twin Heart Meditation (Pranic Healing)	✓	
Yoga		✓
*First weekend of each month Once a month - Forum for Parents	✓	

Emotional Freedom Technique EFT: It is an alternative treatment for physical pain and emotional distress. It's also referred to as tapping or psychological acupressure. People who use this technique can create a balance in their energy system and a relief in their stress, anxiety, and physical pain.

Twin Heart Meditation: Meditation on Twin Hearts is a powerful form of [meditation](#), it enhances your physical, mental, emotional, and spiritual well-being. If practiced regularly, it brings about a deep inner transformation and expansion of consciousness so that you achieve clear mind, focus, self-realization, and inner strength.

Yoga: Yoga helps to improve the memory function, a direct benefit of which would be a better academic performance in students. It helps to improve students' attention span and focus. Through basic breathing exercises in yoga, students can learn at a young age how to master the technique of breathing correctly and improve the quality of their life.

***Forums for Parents:** First weekend of each month on Saturday from 10:00am-11:00am, our parents have the opportunity to be in a forum with our school administrators, teachers, and student-counsellor to have updates about their children and their progress at VEGA Academy.