

MID DAY- Hitlist

14th Nov 2013

Pg 7

Learn



Stitch by stitch

Sewing experts at The Hab will train young and older participants in creating wall hangings, wallets, key chains, mobile phone covers and coin pouches using different decorative stitches and embroidery patterns.

ON Today, 11 am to 8 pm

AT G1, 444 Corporate Lounge, opposite Sahib Khatwara Darbar, road no 7, Linking Road, Khar (W).

CALL 61274444

COST ₹300 to ₹700 (all materials and accessories will be provided)

Capoeira away

Yoga 101 has introduced Capoeira Kids, a training programme to teach the Brazilian martial art through music, dance and acrobatics. It will focus on stories told through songs that help in awakening the artistic spark in kids while developing self-expression. It also develops self-awareness, boosts confidence and improves flexibility.

TILL November 30, 4 pm to 6 pm;

AT 101, Aram Nagar 2, JP Mehta Road, Versova, Andheri (W). **CALL** 9820125963

COST ₹2,500 per child