

# A DAY IN THE LIFE *with the Jaime Komer*

2008 Olympic Silver Medalist, Two-Time World Champion, Kids Play Ambassador, AthleteYogiTraveler.com – @JaimeKomer  
Siem Reap, Cambodia – October 18, 2013

**9:00am:** It's warm up time! Founder and three-time Olympian Tracy Evans starts off our Kids Play session with an introduction to the Olympic Games. I jump in afterward and lead the kids through a yoga warm-up.

**11:00am:** We take the kids through sports stations—soccer, volleyball, drills, relays, etc. No water polo yet!

**1:00pm:** What's a great way to experience a culture? Eat the food! I made it a personal goal to try spring rolls wherever we went, and I wasn't disappointed. And they were only \$1 each.

**2:30pm:** Time for our second Kids Play session of the day. Throughout the Spittler School, you can find inspirational and unique signs like this one.

**3:30pm:** There's always time for an arms-length photo with the kids after our day of sports. Volleyball is definitely one of the most popular sports we shared.

**4:30pm:** I love the way we travel because it takes us off the "tourist" path and into true local experiences. After our sports session, we cruise around the village to get a taste of how our hosts live. This kid is definitely rocking the "I can ride a ginormous bike."

**6:30pm:** Riding on our tuk tuk to the night market. It's time to barter for some really cool Cambodian pants, bags, and scarves!

**8:30pm:** We finish the day off at a Cambodian party, with sparklers and all! What's in store for tomorrow? Yoga at the Angkor temples!

