



YOGA and WELLNESS RETREAT 2016

“Return to the Playground”

September 2, 2016

Dear Camper:

The Yoga and Wellness Retreat is right around the corner! We're looking forward to seeing you for a wonderful weekend full of activities offered by talented facilitators. Included in this packet is the full schedule, along with the workshop descriptions and instructor Bios. **Please print this information out and bring it with you to the retreat.** We will have the schedule posted on the windows of the lodge, but we're sure you will want to have your own to refer to as you plan your activities for the weekend.

If you have never been to de Benneville Pines, be prepared for delicious, home-style cooking and comfortable, yet rustic cabins. Most cabins are set up with several bedrooms off a main hallway with shared bathrooms down the hall. We still have room for eight (8) more campers if you'd like to extend an invitation to a friend. Even if someone is not into Yoga, they can relax and enjoy some of the non-yoga workshops. You may be on an upper bunk unless you specifically requested otherwise. There is no way to accommodate all friend groups without someone being on an upper bunk.

Whether you are scheduled to arrive on Thursday or Friday, you may officially check in any time after 3:00 pm on Friday. Check-in will take place in the **Coffee House** so that the Lodge can be used for the popular 4:30 pm yoga class. The Coffee House is the first building that you come to on the left after walking up from the parking lot. After checking in, you will be able to drive your car to your cabin to unload and then return your car to the lower parking lot for the remainder of your stay.

Thursday and early Friday is totally unstructured and is a day to unwind and relax. You can find your room assignment posted on the window in the Lodge – just follow the camp map to your cabin and get settled in. You might not see many others in camp, but you are welcome to use the kitchen in Craig's Cabin or Cabin 6 to heat up your meals. Keep in mind that the camp is located at 6800'. It might take you a

few hours to acclimate. Bring a water bottle, and drink plenty of water during your stay. This will help to prevent altitude fatigue or sickness.

In addition to the scheduled workshops, individual acupuncture and massage appointments will be available for an additional cost, paid directly to the practitioners. You may sign up for these appointments during check in or you can email camp at uucamp@aol.com to have a spot held for you early on Friday (between 10 am and 6 pm). Receive \$5 off on Friday appointments!

The first official class begins at 4:30 pm on Friday and the Social Hour is at 6:00 pm. Camp de Benneville Pines does not serve or sell alcoholic beverages, but you may bring your own and camp will provide delicious munchies. Friday dinner will be served from 7:00 – 8:00 pm with the program beginning right after dinner. If you arrive after 8:00 pm Friday night, you will find your cabin assignment posted on the Lodge window.

To make your stay most comfortable, please see the list of suggested items to bring. Directions and a camp map are included in this packet as well. Please let Janet James (Camp Director 909-435-6298) know if you have any questions. We look forward to seeing returning friends and getting to know new ones, as we explore and experience nature's elements in our bodies, minds and hearts!

Lisa and *Kathy*

Lisa Harris and Kathy Bolte, Camp Deans

Yoga and Wellness Retreat

Camp de Benneville Pines



Suggested Items to Pack for Yoga & Wellness Retreat

*Yoga mat, yoga blanket, yoga strap, and yoga BLOCKS (we will use them at Saturday morning's session) if you have them

*Sleeping bag or 2 flat sheets & blankets and pillow (it gets chilly at night)

-Towels (bring a beach towel if you are going to swim or hot tub)

-Jeans, shorts, stretchy clothes for yoga/movement

-T-shirts both long and short sleeves

-Sweatshirt or light jacket (it can rain in the afternoons)

-PJ's

-Underwear and socks

-Swim suit, flip flops, beach towel

-Sturdy walking shoes or sneakers (walk in enclosed shoes in camp)

-Soap, shampoo, hair rinse, sun screen, lotion

-Toothbrush, comb, hairbrush, toothpaste

-Bug repellent, lip balm

-Sunglasses, hat with brim, fanny pack or knapsack

-Water bottle (drink plenty of water while in camp to prevent dehydration)

-Book, writing journal, camera

-Flashlight (good to have to get back to cabin in evening, bring to dinner)

**Print and bring a copy of the schedule and class descriptions for your reference during the weekend.

**If you are coming up on Thursday, be sure to bring your food for dinner and breakfast and lunch on Friday. First meal served will be Friday dinner. Feel free to heat your food up in Craig's Cabin, Cabin #6 or the Lodge, no matter what cabin you are assigned to. Do not store food in cabins that do not have a kitchen. Please bring a small ice chest with your name on it and store it in the Lodge.

**Remember, the camp is located in the national forest. All types of critters live in the woods, including chipmunks, squirrels, deer mice, raccoons, coyotes and bears. Help us to keep critters out of your cabins by storing your food in an enclosed container in the Lodge.

**It is important to drink plenty of water while in camp. At 6800' you will find that you get dehydrated very easily. Fill your water bottle several times during the day at the fountain in the Lodge. This is crystal clear spring water with NO chemicals. Ahhhhh! It tastes so good and refreshing. If you feel a touch of dizziness, head or stomach ache within a few hours of arriving to camp, you are experiencing "altitude illness". Sit still for a short period and drink plenty of water. The symptoms will ease.

**Pack with layers of clothing. The temperatures in September can be warm in the day and chilly at night.

**If leaving camp at any time to go hiking or to go to Big Bear, please sign out on clipboard near the camp store.

**If you like camp mementos, you will have the chance to shop at the camp store where you will find camp t-shirts, sweatshirts, jewelry, postcards and more.

Camp de Benneville Pines Camp

RULES

1. All persons using the camp facilities must comply with all federal, state and local laws.
2. There is no smoking inside buildings or along trails. Smoking is only allowed on cabin decks or inside enclosed cars. Use the green cigarette containers to dispose of butts.
3. Do not bring non-prescription or recreational drugs (including marijuana) to Camp.
4. Wear enclosed toe shoes or boots at all times, unless at the swimming pool.
5. After unloading at your cabin, park your car in the main lot with the back end of your car pointing into the woods. This will help you to leave camp quickly in an emergency. Keep your car keys on you at all times. Bring a spare key and keep in luggage.
6. In the event of an emergency situation, an alarm will sound. Evacuate your cabin immediately and gather in the volleyball court. Check-in with the Camp Dean or Camp Manager for further instructions.
7. Camp dogs are never to leave the camp premises without permission of the Camp Manager.
8. No weapons or guns may be brought onto the camp premises.
9. No explosives, flammable liquids or poisonous substances shall be brought to camp.
10. Please keep any recorded or amplified music played in the Lodge turned down for background music only, unless it is being used for a workshop or talent show presentation.
11. Persons under the age of 18 may not use the Lodge or Coffee House between midnight and 6 am unless supervised by a person 25 years or older.
12. No one shall use tools, power tools or camp machinery without the permission of the Camp Management. This would include shop tools needed for craft projects.
13. All crafts using spray paint, glitter, wax or plaster must be done outside. These projects are not allowed inside Camp buildings.
14. Camp vehicles will not be used for the transportation of campers except in an extreme medical emergency. Campers and staff must wear seat belts while riding in camp vehicles.
15. The burning of candles, lanterns or incense is not allowed inside any building or recreational vehicle on Camp property. Some exceptions may be made in the Lodge for workshop purposes.
16. **DO NOT BRING YOUR PET TO CAMP. THE ONLY EXCEPTION WE MAKE IS FOR CERTIFIED AND TRAINED ASSISTANCE ANIMALS (such as a Seeing Eye Dog).**
17. **There is limited WiFi access at camp. We are on a shared broadband system, and using the system to download music, movies or games is not allowed. We are sorry, but when we exceed our allowed usage, the broadband is slowed down to dial up speed. DSL is not available out in the woods!**
18. We DO ASSESS damage charges for graffiti, excessive wear and tear, chewing gum and other adhesives found in the carpet and furniture. Please be careful when using our well-used and well-loved cabins. We want to keep things in good order for the next group.
19. Please close all cabin doors to keep the critters out (and the heat inside during winter)!
20. Carry chains October thru May while traveling in the San Bernardino Mountains.
21. Bring all prescription medications in their original bottle and keep out of reach of children.
22. Keep an eye on your children while in camp. They are always your responsibility. Know where they are playing and what they are doing.
23. Swimsuits are required at the pool and hot tub unless your group makes other arrangements.
24. No one under the age of 14 may ever be in the hot tub. 14-17 must be accompanied by an adult over the age of 24.
25. Never use the hot tub alone. No glass containers or alcoholic beverages allowed at the hot tub.
26. Please keep the following numbers in your wallet or pocket while in camp: Camp Manager's cell 909-435-6298; Maintenance Supervisor's cell 210-216-6125. TEXT or CALL.

Emergency Information Form - for Families attending Camp de Benneville Pines

This form is required to be completed and on file with the Medical Supervisor during camp only. After camp, the form will be shredded. Camp policy does not include retaining medical records for adult or family campers.

Parent (Primary Insured) at Camp _____ Birthdate _____
Last First Middle

Address _____
Street Address City ST Zip

Second Parent at Camp _____ Birthdate _____
Last First Middle

Child Camper _____ Birthdate _____ Age a camp _____
Last First Middle

Child Camper _____ Birthdate _____ Age at camp _____
Last First Middle

Child Camper _____ Birthdate _____ Age at camp _____
Last First Middle

Please include any additional family members on the back

Please be sure to have your health insurance card with you and accessible to the Health Supervisor at camp

Insurance Information Is family covered by medical/hospital insurance? YES / NO

Carrier/Group _____ ID or Group# _____

Family Physician _____ Phone# _____

If you have no insurance, please provide Social Security numbers for each family member at camp so that care could be obtained at the County Hospital emergency room

Emergency Contact not at camp: _____ Relationship _____

Home Phone _____ Cell phone _____ Business phone _____

Restrictions (indicate which family member is affected)

Does not eat: Red Meat Pork Dairy Products Poultry Seafood Eggs Other (describe) _____

Explain any restrictions to activity (what cannot be done, what adaptations or limitations are necessary)

Allergies & Illnesses - List all known Describe reaction and usual management of reaction

Current Medications (OTC & RX)

If a family member requires an epi pen available at all times, please bring one to camp

I understand that if a family member or I become injured or ill while at camp, the Health Supervisor is authorized to determine if we require care outside the bounds of what is available in our wilderness setting. Due to de Benneville's isolation and elevation, any camper remaining ill for more than 12 hours may be asked to leave camp and may only return with authorization from a physician. I have been made aware that it may take 45 minutes or more, for paramedics to respond to a 911 emergency call. If road conditions are icy or hazardous, it may take substantially longer.

I hereby give permission for the camp Health Supervisor to provide routine health care and emergency medical treatment, including ordering x-rays or routine tests to myself and my family members listed above. I agree to the release of any records necessary for treatment, referral, billing or insurance purposes. I give permission to the retreat organizers or the camp staff to arrange necessary related transportation. In the event of an emergency, I hereby give permission to the physician selected by the retreat organizers or camp staff to secure and administer treatment, including hospitalization to myself or my family members.

I agree to follow the safety rules of the camp and will ensure that my children also follow the rules.

Signature of Parent at Camp _____ Date _____

Signature of Second Parent at Camp _____ Date _____

Camp Dates

Cabin

Family Name

Emergency Information Form – Adults at Camp de Benneville Pines

Name _____ DOB _____

Address _____ City _____ ST _____ Zip _____

Home Phone# _____ Cell Phone# _____

Medical Insurance Company _____ Phone# _____

Policy# _____ Group# _____

Emergency Contact (not at camp)

Name _____ Phone#1 _____

Phone#2 _____ Email/SMS _____

My immunizations are up-to-date YES NO Date of last tetanus shot _____

Known allergies to food, medication and/or anesthetics, environmental factors (use other side for additional information):

Known medical problems/conditions and medical treatment that may be needed at camp (use other side for additional information):

Please list all medications; OTC & RX that you will be taking while at camp (use other side for additional information):

I understand that if I become injured or ill while at camp, the Health Supervisor is authorized to determine if I require care outside the bounds of that available in our wilderness setting. Due to de Benneville’s isolation and elevation, any camper remaining ill for more than 12 hours may be asked to leave camp, and may return only with authorization from a physician. I have been made aware that it can take 45 minutes or more for paramedics to respond to a 911 emergency call. If road conditions are icy or hazardous, it can take substantially longer. I agree to follow the safety rules of the camp.

This form is for use by the Health Supervisor during camp only. After camp, it will be shredded. We do not retain medical records for adult campers.

Option 1

I hereby give permission for the camp first aid person to provide routine health care and emergency medical treatment, including ordering x-rays or routine tests. I agree to the release of any records necessary for treatment, referral, billing or insurance purposes. I give permission to the retreat organizers or the camp staff to arrange necessary related transportation. In the event of an emergency, I hereby give permission to the physician selected by the retreat organizers or camp staff to secure and administer treatment, including hospitalization.

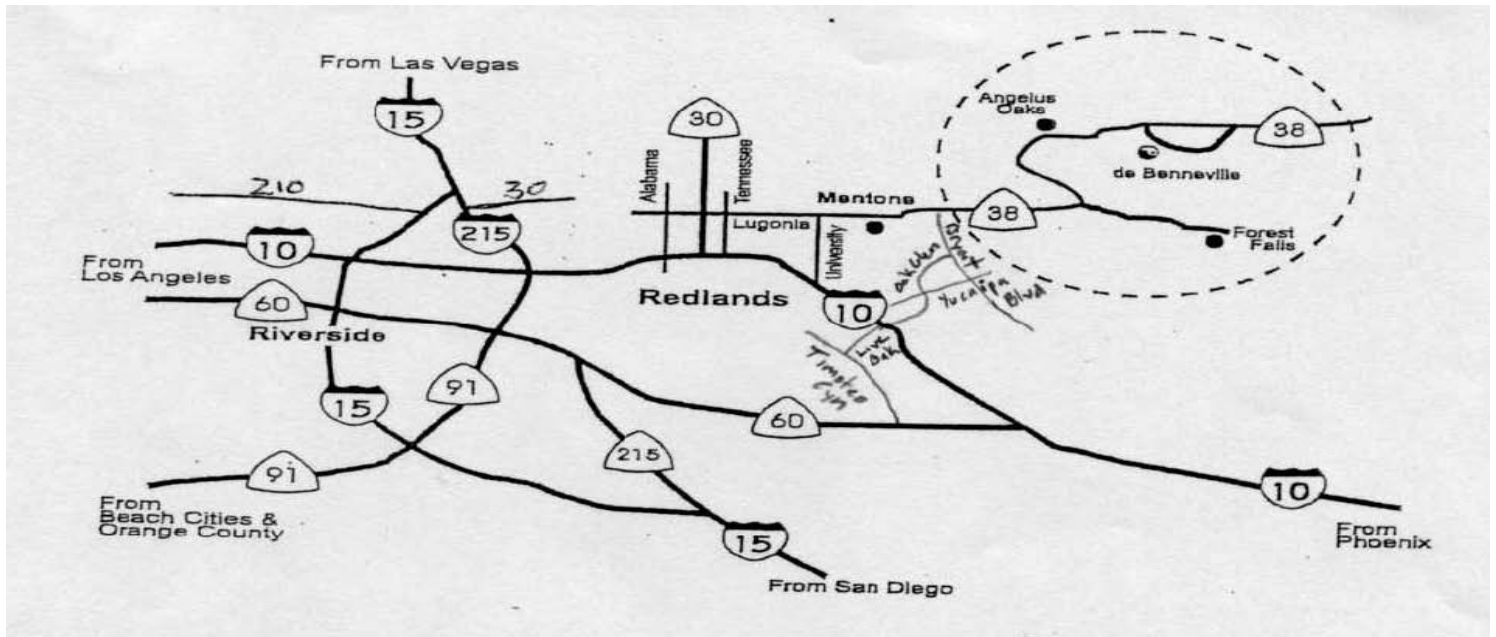
Signature of Adult Camper/Participant _____ Date _____

Option 2

Although I understand that my medical information is being requested only so that medical treatment can be provided in case of an emergency, loss of consciousness or inability to make a decision on my own, and that not having this information may make it impossible for the Health Supervisor to provide appropriate medical care, I wish to decline to provide the requested medical information.

Signature of Adult Camper/Participant _____ Date _____

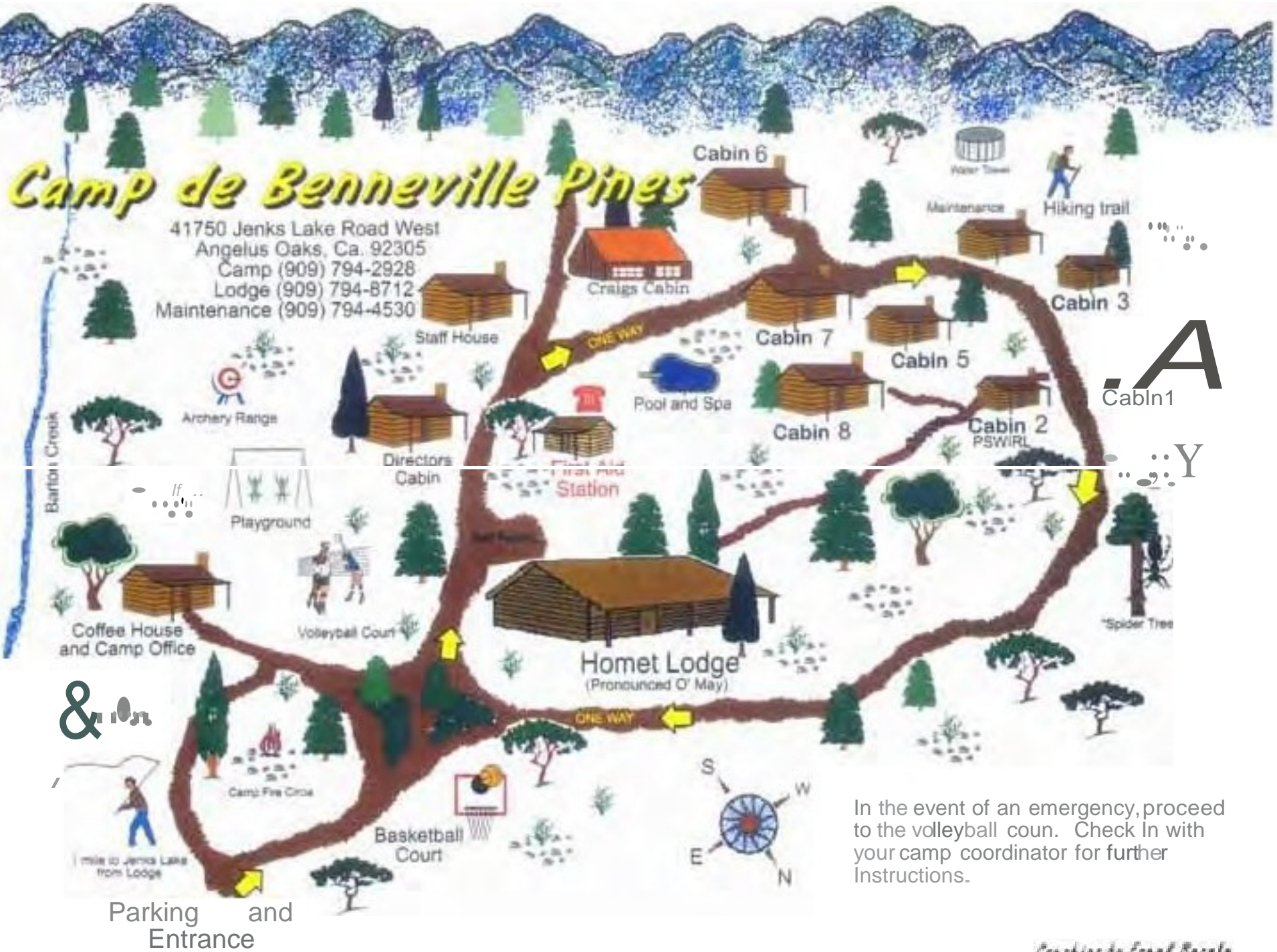
DIRECTIONS



- Arizona:** Take the I-10 West to Oak Glen/Live Oak Canyon Rd. Turn right on to Oak Glen Rd. Follow the road across Yucaipa Blvd and continue to Bryant St., turn left and go to Hwy 38. Turn right. Follow the directions **IN BOLD below** from Hwy 38.
- Orange Co:** Take the 91 Freeway toward Riverside until it becomes the I-215 East toward San Bernardino. Take the I-10 East to Redlands. Follow the instructions **IN BOLD below** from Redlands.
- Las Vegas:** Take the I-15 South to San Bernardino. Take the 210 (formerly Hwy 30) East to Redlands. Exit at San Bernardino Ave. Go through the light to the next street, Lugonia/Hwy 38. Turn left and follow the directions **IN BOLD below** from Hwy 38
- San Fernando Valley:** Take the 101 East to the 134 East to the 210 East. In Redlands, exit at San Bernardino Avenue. Go through the light to the next street, Lugonia/Hwy 38. Turn left. Follow the directions **IN BOLD below** from Hwy 38.
- San Diego:** Take the I-15 North to the I-215 East toward San Bernardino. In Moreno Valley take the 60 East to the Redlands Blvd exit. Turn left and go North on Redlands Blvd until it dead ends at San Timoteo Canyon Rd. Turn left and continue approximately 1 mile to Live Oak Canyon Rd. Turn right and continue over the 10 Fwy, where the name changes to Oak Glen Rd. Continue through Yucaipa to Bryant St. Turn left, continue to Hwy 38. Turn right. Follow the directions **IN BOLD below** from Hwy 38.
- Ventura:** Take the 26 East to the 5 South to the 14 East. Exit for Pear Blossom Hwy/138 East. Go to the I-15 South, taking the 210/30 East to Redlands. Exit at San Bernardino Ave. Go through the light to the next street, Lugonia/Hwy 38. Turn left. Follow the directions **IN BOLD below** from Hwy 38.
- Redlands:** From I-10, take the University exit. Turn left on University. Turn right on Lugonia/Hwy 38. **Follow Hwy 38 toward Big Bear, up into the mountains. At the road to Forest Falls, bear to the left, continuing on Hwy 38. At the top of the mountain, pass through the town of Angelus Oaks and continue another 5 ½ miles. Turn right on West Jenks Lake Road. The sign for Camp de Benneville Pines will be on the right approximately 1 ½ mile up. (If you see the sign for Seven Oaks on Hwy 38, you have missed the Jenks Lake turn. Go back to West Jenks Lake Road.)**

Camp de Benneville Pines

41750 Jenks Lake Road West
Angelus Oaks, Ca. 92305
Camp (909) 794-2928
Lodge (909) 794-8712
Maintenance (909) 794-4530



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