

Return to the Playground

Time	Event	Location	Leader / Notes
Thursday - September 8, 2016			
3:00 p -	Early Arrival - if you paid for the extra night.	Check the window in the Lodge for your room/cabin assignment.	Lisa will be available around camp after 8 pm in Craig's Cabin if you have any questions!
7:00 p -	Social Gathering	Craig's Cabin Living Room	Bring some snacks or munchies to share and bring your own beverages.
Friday - September 9, 2016			
7:00 a - 12:00 a	Hot Tub Open	Hot Tub	
9:00 a - whenever	Self-led Hiking	Meet on Lodge Deck to form a group (if desired) Sign out	Group/Self-led
3:00 - 6:00 p	Check In & Cabin Assignments	COFFEE HOUSE	Camp Staff
4:30 - 5:45 p	"Naptime for Grown-ups" Slow Deep Stretch with Live Crystal Bowl Music	Lodge	Kathy Bolte & Christie Smirl
6:00 - 7:00 p	Social Hour	Lodge	Everyone!
6:45 - 7:00 p	Meal Setup	Lodge	Set up - Cabins 3 & 8
7:00 - 8:00 p	Dinner	Lodge	
8:00 - 8:15 p	Welcome & Introductions	Lodge	Lisa & Kathy
8:30 - 9:30 p	Play Like a Kid Again	Lodge	Jen & Nick Young
10:00 p - 7:00 a	Quiet Time	Cabins & Paths	All
Lodge & Coffee House are always open for gathering with friends, talking, playing games, etc.			
Saturday - September 10, 2016			
7:00 - 8:00 a	Morning Meditation Practice	Coffee House	Kathy Bolte
7:00 a - 12:00 a	Hot Tub Open		
7:30 - 8:45 a	Good Start Breakfast	Lodge	

10:00 - 12:30 p	Pool Open		
9:00 - 10:45 a	Yoga Tune Up® A Playful Style of Yoga All Levels	Lodge	Lisa Harris
	Chakra Alignment Crystal Bowl Meditation	Coffee House	Christie Smirl
11:00 a - 12:15 p	Beginning Yoga	Lodge	Mohara Devi
	Ayurveda: Play with your Doshas	Coffee House	Christie Smirl
	Creative Coloring for Grown-ups	Craft Area	George & Dean
	Fun with Vegetables	Craig's Cabin	Jolene Redvale
	Archery	Archery Field	Camp Staff
12:15 - 12:30 p	Meal Setup	Lodge	Set up - Cabins 6 & 7
12:30 - 1:15 p	Lunch	Lodge	
1:30 - 3:00	Pool Open		
	Hot Tub Open		
1:30 - 3:00p	" Have a BALL ! " Therapy Ball Self Massage	Lodge	Lisa Harris
	Spirit Lift Dance Party	Coffee House	Jen & Nick Young
	Super Hero Healthy Eating Power Pyramid Game	Craig's Cabin Living Room	Elaine Slivka
3:15 - return before dinner	Hike and Boating at the Lake	Meet on the Lodge Deck	Camp Staff
3:15 - 4:45 p	Zumba®	Lodge	Mohara Devi
	Pranakriya Yoga All Levels	Coffee House	Angela Andiorio & Nathan Gabor
	Elastic Mood Sculpture	Craft Area	Lynn Wolden & Marianne Shuster
5:00 - 6:00 p	Social	Lodge	dBP staff setup

	Hot Tub Open	Hot Tub	
5:45 - 6:00 p	Meal Setup	Lodge	Set up - Craig's Cabin
6:00 - 7:00 p	Dinner	Lodge	
7:30 - 9:30 p	"Sing Your Heart Out" Kathy Bolte and Bombay Rain	Coffee House	Kathy Bolte, Nick Young, Eddie Young Christo Pellani and Christie Smirl
10:00 p - 7:00 a	Quiet Time	Cabins & Paths	All

Lodge & Coffee House are always open for gathering with friends, talking, playing games, etc.

Sunday - September 11, 2016

7:00 - 8:15 a	Walk to Jenks Lake	Meet on Lodge Deck Sign Out	Group Led
7:00 - 8:00 a	Morning Meditation Practice	Coffee House	Angela Andiorio & Nathan Gabor
7:00 - 12:30 p	Hot Tub Open		
7:30 - 8:45 a	Good Start Breakfast	Lodge	
9:00 - 10:30 a	Kundalini Yoga	Lodge	Mohara Devi
	" Recess Time ! " Indoor/Outdoor Playful Movement	Pavillion	Lisa Harris
	"Super Hero Healthy Eating Power Pyramid Game"	Coffee House	Elaine Slivka
10:45 a - 12:15 p	Pranakriya Yoga All Levels	Lodge	Angela Andiorio & Nathan Gabor
	Meditative Toning: Playing with Vibration	Coffee House	Kathy Bolte
	Creative Coloring for Grown-ups	Craft Area	George & Dean
	Archery	Archery Field	Camp Staff
12:15 - 12:30 p	Meal Setup	Lodge	Set up - Cabins 1 & 5
12:30 - 1:30 p	Lunch & Closing	Lodge	Lisa Harris

3:00 p	Clean up & Check Out	All Cabins & Meeting Spaces	
Other Scheduling			
Refer to activities booklet and sign-up sheets in the Lodge	Massage	Building 2 LIBRARY (east side of building)	Cairyl Gardner
	Acupuncture / Massage	Building 2 PSWIRL (west side of building)	Jody James

Have a safe trip home! See you next year!

Classes, Workshops & Activities

Please print this and bring it with you for reference throughout the weekend

Note:

Listed in order of occurrence (see schedule for exact times)

“Naptime For Grown-ups” - Slow Deep Stretch with Live Crystal Bowl Music

Come and enjoy our opening yoga session offered by Kathy Bolte & Christie Smirl. This is a long, slow, luxurious deep stretch. We will move mindfully through yoga poses that open all the major joints of the body, relaxing into our stretches and moving to a deeper space of relaxed consciousness. Kathy’s yoga instruction will be accompanied by the beautiful “Sound Therapy” of crystal bowl sound healing. You won’t want to miss this thoroughly relaxing and rejuvenating session.

Play Like a Kid Again

JUMP start your weekend . . like a frog! Fly like a super hero, ride on a train and go on a pirate treasure hunt adventure as you learn to play again through interactive music. Nick & Jen have been bringing the joy of music into the lives of children for 25 years with their music school; The Young Music Company. Join them as they teach you to play like a kid again.

Morning Meditation Practice

There are many ways to meditate. Join Kathy as she teaches you how to meditate through the repetition of a mantra. A mantra is a word, sound, or phrase repeated to aid in your concentration while meditating. By using a mantra we give our busy mind, which is always full of thoughts that keep us anchored to the past or worried about the future, something to do. By keeping that part of our mind busy with mantra, the more creative, playful, spiritually connected part of our consciousness is free to expand and better serve us. Mantra Meditation helps us change our thoughts. When we change our thoughts, we change our life!

Yoga Tune Up® - A Playful Style of Yoga

Yoga Tune Up® is a style of yoga that steps “outside of the box” of traditional systems. Designed to create flexibility, relieve muscle tension and build strength from the inside out, we roll on balls, play with blocks, tug on straps, and slide on blankets - all while strengthening, stretching, and improving mindfulness and mobility. For this session, we will focus on “playing with blocks”.

Perfect for beginners and for those who already have established practices in other classes - YTU® is an adjunct, not meant to replace other styles, but to allow practitioners of other styles to practice SMARTER, SAFER, and LONGER. While similar to traditional yoga in many of the shapes the body will take on, YTU®'s unique format encourages you to move in ways that are creative, fun and varied in order to promote movement variety. You will travel deeper into your body and it's mobility, or areas that lack mobility, in order to understand and work with any body blind spots - areas of weakness.

NOTE: Please bring yoga blocks to this session if you happen to have them.

Chakra Alignment Crystal Bowl Meditation

Join Christie Smirl and experience an energy sound transformation. Take a guided journey through each chakra, balancing your subtle energies with crystal toning bowls, gong, breath work, healing mantras and meditation. Let go of old emotional energy blockages and open further to joy, bliss and love

Beginning Yoga

Yoga is about meeting yourself where you are, and often that can be right at the beginning as we are always starting over and learning new things about ourselves. In this gentle, but in-depth practice we will explore Yoga with its basic concepts and what it means to be a Yogi at heart. We will allow our bodies to be our guides, taking us to a place of peace and bliss, and ultimately to Oneness.

Ayurveda: Play with Your Dosas

Ayurveda is a holistic, comprehensive system of medicine originated in India over 5,000 years ago. It is based on the fundamental understanding that each person is a unique combination of elements - Earth, Fire, Air, Space and Fire. These combinations of elements create Doshas - Pitta, Vata and Kapha, which are the three principle forces that govern the body and health. By knowing your unique expression of elements, you can PLAY with your Doshas to increase your health and happiness.

Creative Coloring for Grown-ups

Have you joined in on the coloring craze yet? Well there's really more to it than just revisiting an old childhood past time. Coloring is very calming and meditative, allowing you to step out of your busyness and tap into creative mindfulness. Come choose a pre-drawn mandala design (a geometric figure representing the universe), gather up your favorite colors of pencils, and find out why people have started coloring like kids again!

Fun with Vegetables

When cooking is fun, it's sort of like playing with your food! Everyone knows the virtues of veggies, but it can be challenging to get what we need every day. With a few simple techniques and a little planning, you can add great-tasting veggies to your diet without a big time commitment. Come to Jolene's veggies workshop to learn quick, easy and tasty ways to get more veggies on your plate. You might be a few minutes late for lunch, but you won't arrive there hungry!

Archery

Requiring deep concentration, archery is an ancient skill of hand, eye and whole body coordination. Try it for the first time or hone your skills under our instructor's guidance.

Hike and Boating at the Lake

Take a 1 mile hike to Jenks Lake (or drive up and meet the group there), then canoe or kayak as the sun goes down, returning to camp in time for dinner. Beginners or avid boaters are welcome.

Have a BALL! Self Massage with the Yoga Tune

Up[®] Therapy Balls

Using the magic of the Yoga Tune Up[®] Therapy Balls, roll out muscles that may be sore from overuse, misuse, poor posture or other abuse. Massaging with the YTU therapy balls helps to break up adhesions and realign muscle fibers so they are healthier and stronger. You'll leave feeling wonderful and ready to enjoy the rest of your camp experience to the fullest.

Spirit Lift Dance Party

Lift your mood, celebrate life, and set your inner child free as Jen leads you through dance and creative movement, accompanied by Nick's musical offerings.

Super Hero Healthy Eating Power Pyramid Game

Join Elaine and have FUN playing this game that is designed to strengthen our commitment to Healthy Plant Based Eating. Earn "Badges & Chips". Become a Water Wizard, a Veggie Victor and achieve many other levels of accomplishment while building skills that boost your health and wellness to a new level. Being PLAYFUL in our everyday life keeps us happy & healthy.

Zumba[®]

Zumba Fitness fuses hypnotic Latin rhythms and easy-to-follow moves to create a fun and energetic routine that turns everyBODY into a dancer. We'll sweat, shake and play with interval training sessions where fast and slow rhythms and resistance are combined to tone and sculpt your body while burning fat. Learn Latin flavor and international zest together as we ditch the workout, join the party!

Pranikriya Yoga - All Levels

Join Nathan and Angela as they co-teach a meditative postures practice that will challenge you and deepen your internal experience. During this class we will warm up the body with movement and breath. Nathan and Angela will then lead you through a series of basic postures linked by kriyas (movement with breath) and longer holdings. We will learn and practice, Dirgha, Ujjayi and Nadi Shodana in order to explore our inner playground, move past boundaries of our definition of self and expand into new spacious territory. No experience level is required, but a basic knowledge of yoga postures will be helpful.

Elastic Mood Sculpture

You will approach a large loop of malleable wire anchored to a block of wood, don the loop with an elastic knee-high nylon, and sculpt your way to something representing your mood. Dare to give it any shape you want! Become a sculptor without fear, because if you feel different tomorrow you can reshape the mood. Feeling really creative? Let's paint - the nylon, the wood. You can mix your own colors (or learn how) or apply pre-mixed acrylic paints. Do you ever have nervous energy at work? Just keep your elastic mood sculpture on your desk and put your nervous energy into reshaping it to fit your mood. Do you start your day with a gratitude ritual? Use your mood sculpture to form a special mood for the day. Join us at this workshop for some serious play.

“Sing Your Heart Out”

Kathy Bolte and Bombay Rain

Whether you like to sing out or have “a shy voice” that likes to stay quiet, kirtan with KBBR is sure to make you want to sing your heart out. Join this group of talented and devoted musicians as they take you on a journey back to your own heart.

Morning Meditation Practice

According to numerous ancient yogic tales, yogis could harness seemingly mystical powers and use these powers to affect the world around them. By understanding the illusion of the mundane world, these yogis believed they could escape, and ultimately control the illusion. With power over the illusions, what was left was a playground in which the yogi could explore, understand, and manipulate the mundane world.

Join Nathan and Angela as they co-teach a meditation practice that will help center you for the day. During our meditation practice we will warm up the body with movement and breath to help open us up fully to practice seated meditation and pranayama. We will learn and practice, Dirgha, Ujjayi and Nadi Shodana in order to explore our inner playground, move past boundaries of our definition of self and expand into new spacious territory. If possible, please arrive 15 minutes early for silent centering.

Walk to Jenks Lake

Meet your fellow early risers, find the one who knows the way to the lake, and take off! Get the heart pumping and the blood flowing, or take a more leisurely approach to it. Enjoy conversation and connection with others during this peaceful time together.

“Recess Time!”

Indoor/Outdoor Playful Movement

Kids don't like exercise because exercise doesn't make any sense. It's just moving for the sake of moving. “Exercise” is a modern thing that we adults have created because of our choice to be sedentary the bulk of the time. Children move with a freedom and variety that we have probably long forgotten. Join Lisa for this session using the environment to explore FUN-damental human movements that are essential to our health and well being. Can you hear the RECESS bell ringing? Find the freedom to move like a kid again!

Kundalini Yoga - Evoking the Child Within

Our inner child is very real and has a lot of wisdom to share with us. Without them we're operating at half-speed. This "missing child" may be the part of you that carries the wisdom of unconditional love, or helps us make decisions that are in our best interest. In this class we will evoke and embrace our inner child. They are you, they love you unconditionally, and want to connect with you. We will re-collect our inner child, to re-claim our destiny. Its a process and takes time, but nothing can be more rewarding.

Super Hero Healthy Eating Power Pyramid Game

Join Elaine and have FUN playing this game that is designed to strengthen our commitment to Healthy Plant Based Eating. Earn "Badges & Chips". Become a Water Wizard, a Veggie Victor and achieve many other levels of accomplishment while building skills that boost your health and wellness to a new level. Being PLAYFUL in our everyday life keeps us happy & healthy.

Pranakriya Yoga

According to ancient texts, yogis could harness yogamaya, "the magical power of yoga", to propel themselves out of the mundane and into a world of truth, realness, and aliveness. Such open aliveness was considered precious to yogis, and was believed to be the wellspring of creativity, playfulness, and bliss. In this practice, we will explore why it was often said, "you never know why a yogi is smiling."

This session will be accessible and challenging for all levels of yoga practitioners. Nathan and Angela enjoy co-teaching seamlessly so that you can experience a well-balanced session that blends restorative elements with a fiery practice uniting breath and movement throughout. After centering we will flow through warm ups, an energy-raising asana sequence and cool down with slow stretches and deep relaxation.

Meditative Toning - Playing with Vibration

Toning is the creation of extended vocal sounds on a single vowel in order to experience the sound and its effects in other parts of the body. No melody, no words, no rhythm, and no harmony – just the sound of the vibrating breath. It is a simple yet powerful technique, accessible to everyone regardless of vocal ability. Through toning you can immediately experience the effects of sound on your physical, mental, emotional and spiritual well-being. By literally massaging the body and mind from the inside out, meditative toning can help you focus and relax, release negative emotions, reduce stress, and improve stamina and concentration. Toning releases endorphins and helps relieve tension. Kathy learned this powerful technique while in Rishikesh, India studying The Yoga of Sound.

Creative Coloring for Grownups

Have you joined in on the coloring craze yet? Well there's really more to it than just revisiting an old childhood past time. Coloring is very calming and meditative, allowing you to step out of your busyness and tap into creative mindfulness. Come choose a pre-drawn mandala design (a geometric figure representing the universe), gather up your favorite colors of pencils, and find out why people have started coloring like kids again!

Also available by appointment throughout the weekend . . .

Acupuncture or Massage with Jody

Acupuncture has helped millions of people feel better: reducing stress, anxiety, depression; relieving chronic or acute pain, healing organ dysfunction. Curious? Try a simple well-being rebalancing treatment to start. It's gentle and painless!

25 minutes of "yeah, right there" massage \$45

50 minutes of relaxing acupuncture \$75

Massage with Cairyl

Rejuvenating or relaxing massage: Shiatsu, deep tissue, Neuromuscular Therapy, Trigger Point, Lymphatic - lots of ways to make your body say "ahhhh!" Back by request 'cause campers love it so much!

25 minutes of whoopie: \$45

50 minutes of bliss: \$75

80 minutes of ohmygod: \$115

All Friday appointments get a \$5 discount

Meet the

Workshop Leaders & Instructors

Kathy Bolte is in her 2nd year as co-Dean of Yoga Camp. She is a kirtan musician, yoga teacher, mantra teacher and facilitator of women's wisdom circles. She recently spent 2 months in Rishikesh, India studying and becoming certified in teaching Nada Yoga: The Yoga of Sound. In February 2016 she released her premiere CD, "Wakefulness" with her band "Kathy Bolte & Bombay Rain". There is nothing Kathy loves more than the feeling of becoming one with a community of people through kirtan, or through teaching Nada Yoga or Yogasana to a group of eager students. Kathy's passion is to help people open to their full, whole hearted potential. Her training in yogasana comes from the lineages of ashtanga yoga, yin yoga, and anusara yoga. In her yogasana classes you will find clear instruction in alignment to help your body experience its own fullness in the yoga poses. Her classes are based on a heart opening theme and you can always count on some chanting of mantra. (kathybolteyoga.com)

Lisa Harris has been Dean of "Yoga Camp" at Camp de Benneville for 6 years and co-Dean for 2. She lives just down the hill in Redlands, CA where she has practiced yoga since 1998 and is an experienced yoga instructor. An avid learner and self-professed "anatomy geek", she has received training and certifications in many styles of yoga, embodied anatomy, and breathing practices. Her instruction marries traditional yoga with modern day movement biomechanics, along with self-massage to help you maintain your body better and improve your mobility, strength and flexibility. Lisa leads creatively sequenced classes and workshops that include breath, embodied anatomy, deep relaxation and a good dose of humor! She is skillful at breaking down and communicating the intricacies of the human body and it's movement in a very clear, concise and transformative way to help you improve posture, eradicate pain, and enhance performance. (lisaharrisyyoga.com)

Angela Andiorio is a certified Pranakriya and Prenatal Yoga teacher. Yoga has been her cornerstone throughout many life transitions especially the transformative childbearing year. She has a degree in Therapeutic Recreation and loves the therapeutic aspects of yoga. Compassionate and nurturing, she enjoys weaving some restorative elements into each class. Her personal practice constantly informs her teaching. She has trained with and been inspired by Yoganand Michael Carroll, Barrett Lauck Reinhorn, Steven Valloney, Kathy Bolte and others. Angela lives and teaches in Riverside, CA and plans to continue her commitment to studying more yoga and deepening her practice to share with others.

Cairyl Gardner is a licensed Massage Therapist, trained in Shiatsu, Swedish, Deep Tissue, Lymphatic Drainage, and energetic massage. Her favorite technique is the blended European style emphasizing neuromuscular therapy. She also loves music and is a drummer. (AsyrahGarden.com)

Christie Smirl is a Doctorate of Ayurveda Extern, Nurse Practitioner, Master of Science, Yoga Teacher RYT-500, Reiki Master, Sound Healer, Kirtan Muscian, Mystic and Professor at Loma Linda Univerisy and American University of Complementary Medicine. Christie believes that every person is capable of self-healing through the integration of Western and Eastern sciences and healing arts. By restoring our body, mind and spirit, life becomes a joyful playground.

Elaine Slivka has been teaching for 45 years. A big part of her teaching and practice is following the traditional yoga diet. For the past 2 years she has been even more dedicated to plant based eating. It has become a true passion for her. She loves teaching "Healthy Eating Cooking Classes". She has developed a "GAME" that makes following a plant based eating strategy fun. Elaine loves teaching people how a plant based diet brings enhanced health and wellness.

Jody James is a licensed acupuncturist living in Sonoma County, CA. Her clinic specializes in pain, stress and women's health. She belly dances not only for fun, but as part of her body-mind-spirit wellness program. (AsyrahGarden.com)

Jolene Redvale wants people to eat more vegetables! To make that happen, she started Veggies in the Middle, a service enterprise that offers recipe books, workshops and in-home experiences that put veggies center stage. Jolene infuses her events with decades of experience as an educator and home chef, plus training in gourmet cooking and nutrition consulting. She knows that to reach her goal, veggies have to taste great and be simple to prepare. Let her show you how quick and easy - and yummy - veggies really are. (facebook.com/veggiesinthemiddle)

Lynn Wolden loves the outdoors, yoga, and art, so there is no better place for her to be on a September weekend than at Yoga Camp! Lynn has been a yoga student of Lisa Harris for over fifteen years, learning to move her body in new ways and to apply the lessons of the mat to daily life. This is her fifth year attending yoga camp. Lynn lives in Redlands with her husband. She loves cats but her husband says "no more"

Mohara Devi has loved and practiced Yoga for 14 years. On 1/1/11 she opened Source Studio in Downtown Riverside where health & wellbeing flourish. Her devotion to being a spiritual seeker has taken her to India to practice Hinduism, to the Arimathean Retreat in Glastonbury, EN to study the Christ Light and to Buddhist Temples in Thailand. She has over 900 Teacher Training Training hours from her studies in Iyengar Yoga at UCR, Nithya Yoga in India with Nithyananda, PurnamYoga at Siddhatayan Spiritual Center under Acharya Shree Yogeesh, Kundalini Yoga at Yoga West in Los Angeles, AIReal Yoga at the AIReal Training Center and Khalsa Way Prenatal Yoga with Gurmukh in Sweden. (sourceyogaca.com)

Marianne Shuster likes to play outside and play with her food. After a career in food and nutrition, Marianne became an environmental educator developing programs for children and adults with a philosophy that anything you can do inside you can do outside. She has a passion for teaching, movement and the arts. After attending Yoga Camp for the first time last year, Marianne is excited to continue the experience by sharing her passion with you.

Nathan Gabor took his first breath in 1981, and has been learning how to breathe ever since. He is a certified Pranakriya Yoga teacher and has trained extensively with Yoganand Michael Carroll, Steven Valloney, and many others. Nathaniel is an artist, scientist, and yogi currently residing in Riverside, CA with his wife, Angela and two children, Surya and Satya.

Nick Young and Jen Stillion-Young are a husband and wife team dedicated to bringing the joy of music into the lives of children all over the world. Together they run the Young Music Company, teaching preschool music classes, holding workshops, performing live kids music shows and creating wonderful, interactive music for kids. (youngmusiccompany.com)

Kathy Bolte & Bombay Rain began their collaboration at Big Bear Yoga Festival in 2014. In February of 2016 they released their premiere album, "Wakefulness".

Kathy is the band's soulful vocalist and plays Guitar and Harmonium. She also composes all the band's chants, combining ancient Sanskrit mantras and English lyrics. Eddie Young adds his masterful touch with Cello, Bass, Flute and Udu. Nick Young creates the band's Indian/Eastern sounds with Sitar and Bansuri Flute. Christie Smirl offers her deep, rich vocal responses. Christo Pellani brings it all together with Drums & Percussion.

The band's goal in offering their music is to create Sacred Space for the listener to connect to something bigger than themselves and to take a journey back to their own most sacred space - their own heart.