

Healing Body, Mind & Spirit Through Yoga

Time	Event	Location	Leader / Notes
Thursday - September 6, 2018			
3:00 p -	Early Arrival - if you paid for the extra night.	Check the window in the Lodge for your room/cabin assignment.	
7:00 p -	Social Gathering - Meet your fellow Yoga Campers!	Craig's Cabin Living Room	Bring some snacks or munchies to share and bring your own beverages.
Friday - September 7, 2018			
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 please!	Group/Self-led
3:00 - 6:00 p	Check In & Cabin Assignments	Coffee House	Camp Staff
4:30 - 5:45 p	Yoga Moves™ with Live Music	Lodge	Lisa Harris, Eddie & Nick Young
6:00 - 7:00 p	Social Hour	Lodge	Everyone!
6:45 p	Meal Setup	Lodge	Cabins 3 & 8
7:00 - 8:00 p	Dinner	Lodge	
8:00 - 8:25 p	Welcome & Introductions	Lodge	Lisa Harris & Kathy Bolte
8:25 p	Meal Take Down	Lodge	Cabins 3 & 8
8:30 - 9:30 p	Dance Party	Lodge	Jen Stillion-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 8, 2018

7:00 - 8:00 a	Kundalini Yoga	Coffee House	Karen May
7:00 a - 12:00 a	Hot Tub Open		
7:15 - 7:30 a	Meal Set Up	Fewer Tables	All Help Please!
7:30 - 8:45 a	Good Start Breakfast	Lodge	
8:45 - 9:00 a	Meal Take Down		All Help Please!
9:00 - 10:30 a	Yogitation	Lodge	David Phears
	Dynamic Pranakriya Yoga	Coffee House	Nathan Gabor
	Healing with Crystal Bowls	Pavillion	Christie Smirl
10:00 - 12:30 p	Pool Open		
10:45 a - 12:15 p	Gentle Pranakriya Yoga	Lodge	Angela Andiorio
	Mantra Yoga with Live Music	Coffee House	Kathy Bolte, Eddie & Nick Young
	Writing to Heal	Pavillion	Liz Gumm
	Archery	Archery Field	Camp Staff
	Mandala Painting	Arts & Crafts Area	Jacquie Freeman
12:15 - 12:30 p	Meal Setup	Lodge	Cabins 6 & 7
12:30 - 1:15 p	Lunch	Lodge	
1:15 - 1:30 p	Meal Take Down	Lodge	Cabins 6 & 7
1:30 - 3:00 p	The Yoga of Life		
	Campers Choice: read, swim, nap, socialize, walk, enjoy nature, LIVE!		
	Pool Open		
1:30 - 2:45 p	Led Hike / Saunter	Meet on the Lodge Deck	Ross Quinn

Saturday - September 8, 2018 (continued)

3:00 - 4:15 p	Flow Yoga	Lodge	Liz Gumm
	Yoga Moves™ with Live Music	Coffee House	Lisa Harris, Eddie & Nick Young
	Yoga Philosophy	Pavillion	Anegela Andiorio
4:30 - 5:45 p	Iyengar Yoga	Lodge	Amy Brown
	Move into Wellness	Pavillion	Jen Stillion-Young
	Mandala Painting	Arts & Craft Area	Jacquie Freeman
5:00 - 6:00 p	Social	Lodge Deck	Everyone
5:45 - 6:00 p	Meal Setup	Lodge	Craig's Cabin
6:00 - 7:00 p	Dinner	Lodge	
	Leave Tables Out for Game Night and Sunday Breakfast	Lodge	Craig's Cabin
7:45 - 9:30 p	Ākāśavāni Kirtan	Coffee House	<i>Group Members:</i> Kathy Bolte, Christie Smirl, Nick Young, Eddie Young, Blake Eldredge, Karen May
7:45 - whenever!	Game Night	Lodge	Maggie & Josie
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 9, 2018

7:00 - 8:00 a	Morning Walk to the Lake	Meet on the Lodge Deck & sign out	Self-led / Group-led
7:00 - 12:30 p	Hot Tub Open		
7:30 - 8:45 a	Good Start Breakfast	Lodge	
8:45 - 9:00 a	Meal Take Down	Lodge	Craig's Cabin
9:00 - 10:30 a	Pranakriya Yoga	Lodge	Nathan Gabor
	Yogatation	Coffee House	David Phears
	Healing with Crystal Bowls	Pavillion	Christie Smirl
10:00 a - 12:30	Pool Open		
10:45 a - 12:15 p	Iyengar Yoga	Lodge	Amy Brown
	Kundalini Yoga	Coffee House	Karen May
	Workshop: Removing Obstacles	Pavillion	Kathy Bolte
	Archery	Archery Field	Camp Staff
12:15 - 12:30 p	Meal Setup	Lodge	Cabins 1 & 5
12:30 - 1:30 p	Lunch & Closing	Lodge	Lisa Harris & Kathy Bolte
1:30 p	Meal Take Down	Lodge	Cabins 1 & 5
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!