

Embracing Change **2021 (Virtual) Yoga and Whole Living Camp**

Fri - Sept 10

7pm – 8:00pm

Welcome – Introduce Teachers – Kathy

8pm – 9pm

Relaxing into Change – A Gentle Stretch Practice – Kathy

Kathy will lead us through an hour of mindful stretching to prepare our bodies and our spirits for a weekend of opening to the idea of embracing change. You'll need a yoga mat and two yoga blocks. If you regularly use blankets in your practice, bring those too. This will be an evening of releasing old stress patterns and preparing to welcome a spirit of openness to the idea of change in our lives.

Sat - Sept 11

9am – 10am

Keynote: Daily Rituals for Embracing – Jacquie Freeman

Change is one thing we can count on in life. But sometimes, change can seem rather difficult. We get complacent. We get comfortable. Why should we stretch out of our comfort zone when we are feeling like things are okay? What can get us out of our comfort zone? Get us to lean in to making changes that can make our lives better?

Jacquie will help us explore what we truly want and let go of any limiting beliefs we might have. Throughout this session you'll do work that will address your physical, spiritual, mental and emotional self. You'll learn daily rituals that you can rely on, that will help connect you to Your Higher Power. These changes can propel you to living your life feeling more empowered, peaceful, filled with more clarity and joy. Who's ready to embrace change?!

10am – 10:15 Break

10:15 – 11:15

Embrace Change by Embracing Who You Are – Jen Stillion

In this session, Jen will help you discover the real abundant YOU by using self-care practices such as: EFT Tapping, visualization, guided meditations and of course dancing!! This is a fun interactive experience to help you embrace change, heal, manage your energy and attract abunDANCE easily and effortlessly!

11:15 – 11:30 Break

11:30 – 12:30

Making Change Through Gentle Movement – Lisa Harris

Are you stuck in a movement rut? Have you been practicing the same yoga poses for years but have never thought of changing them up a little? Are you worried it would no longer be 'yoga' if you changed something? Well, 'changing it up' could be just what your body (and mind) needs! Our bodies and brains thrive on novelty and one of the best ways to make progress - in any area - is to create new neural pathways by changing something up! This session will gently nudge you into moving your body and mind in more novel ways.

7pm – 8pm

Contemplate Change Through Writing – Kathy Bolte

Kathy will guide everyone through a simple writing practice of looking at all the ways we are resistant to change, and identifying practices that can help us embrace change. Bring a few pieces of paper and your favorite writing instrument to this session.

Sun - Sept 12

9am – 10am

Connection Through Change – Kristina Cotran

Bring a journal and an open mind, as we explore our intentions for embracing change, and practice mindful speaking and listening, as we deeply connect to both ourselves and our community. We will integrate our camp experiences, while connecting to change through meditation, breath, our body and our voices. Come connect with us!

10am – 10:15 Break

10:15 – 11:15

Reflections & Commitment to Change for Whole Living – Jacquie Freeman

Let's take a look at the vision we have for ourselves after spending this beautiful weekend together at Yoga and Whole Living Camp. During this session, you will reflect on the changes you want to see and experience in your life. Through a deep visualization exercise, you'll become more clear about what you see for yourself and you'll see the changes you'll be making so you can get there. Studies have shown that when we write and share our commitments with others, it helps solidify the changes we are making. In this last session, we'll have an opportunity to help others and ourselves as we listen, support and encourage change.

11:15 – 11:30 Break

11:30 – 12:00

Camp de Benneville Pines Update – Janet James

Janet will give us an update on the changes that have taken place at camp during its extended closure. Lots of great improvements have been made, things that have been nearly impossible to accomplish with non-stop, back-to-back camps every year.

12:00 – 12:30

Closing and Thank You – Kathy and Janet

2021 also marks Camp's 60th anniversary! There will be a celebration party in December, and we'll share with you some of the plans for this festive event. In closing, let's say thank you...to our teachers and...to Camp de Benneville Pines for servicing us during this past 60 years.