

# YOGA RETREAT 2018

Healing Body, Mind & Spirit Through Yoga



Friday to Sunday, September 7 – 9, 2018

Camp de Benneville Pines

Angelus Oaks, CA



August 25, 2018

Dear Yoga Camper:

The Yoga Retreat is right around the corner! We're looking forward to seeing you for a wonderful weekend full of activities offered by talented facilitators. In addition to this packet, you will receive a separate email with 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 copy 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 the main hallway with shared bathrooms down the hall. 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. You will be notified in a separate email if you need to bring bedding for a double bed. All other beds are twin size.

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 on Friday. The Coffee House is the first building that you see to the left of the flag poles, right 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 are totally unstructured and are a time 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. There is also a microwave and mini-frig in the Lodge that you can use. 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 [director@uucamp.org](mailto:director@uucamp.org) to have a spot held for you early on Friday (between 10:00 am and 6:00 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 provides delicious munchies to accompany the libations. 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. It also contains two versions of the camp's Emergency Information and Release forms, Adult and Family. If you are a couple and share the same insurance information, use the form for Families. If you are single, or do not share insurance coverage, use the form for Adults. Please complete the appropriate form and be sure to bring it with you when you Check-in. If you have any questions, please feel free to contact Janet James, camp director, at 909-435-6298 (cell). We look forward to seeing returning friends and getting to know new ones as we explore **Healing Body, Mind & Spirit Through Yoga**.

*Lisa and Kathy*

Lisa Harris and Kathy Bolte, Camp Deans

Yoga Retreat 2018

Camp de Benneville Pines



## Suggested Items to Pack for Yoga Camp

- ❖ Yoga mat, yoga blanket, yoga strap and yoga BLOCKS if you use them regularly for your practice
- ❖ Sleeping bag or 2 flat sheets and blankets, and a pillow (it can get chilly at night)
- ❖ Foam topper for mattress and/or mattress pad
- ❖ Bath towel and a beach towel if you are going to swim or use the hot tub
- ❖ Swimsuit and flip flops
- ❖ Medications in the original bottles
- ❖ Toiletries: soap, shampoo, hair rinse, sunscreen, lotion, toothpaste, toothbrush, hair brush and comb, earplugs, etc.
- ❖ Stretchy clothes for yoga/movement
- ❖ PJ's, underwear and socks
- ❖ Jeans, shorts, t-shirts (both long and short sleeves)
- ❖ Sweatshirt and/or light jacket
- ❖ Raingear for possible storms
- ❖ Sturdy walking shoes or sneakers
- ❖ Bug repellant, lip balm, sunglasses, hat with brim, fanny pack or knapsack
- ❖ Water bottle (drink plenty of water to stay hydrated)
- ❖ Flashlight (with new batteries), book, camera, reading light, night light, small fan for air flow in your room
- ❖ Household extension cord if you have anything to plug in (there is an outlet in every room, but it is not always in the most convenient spot)

**Other things to consider:** Print a copy of the schedule... If you're arriving on Thursday, bring food for dinner, breakfast and lunch... Remember, you are going to the woods and there will be all types of critters in the woods... Drink plenty of water and stay hydrated... Pack with layers of clothing because temperatures can change throughout the day... If leaving camp at any time to go hiking or to go to Big Bear, remember to sign out in the Lodge... If you want a camp memento, you will have the chance to shop at the camp store!

## Emergency Information and Release Form for Adults Attending Camp de Benneville Pines

Name \_\_\_\_\_ DOB \_\_\_\_\_  
Address \_\_\_\_\_ City/State \_\_\_\_\_ Zip \_\_\_\_\_  
Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_  
Email \_\_\_\_\_ Gender: Male \_\_\_\_\_ Female \_\_\_\_\_ Gender Neutral \_\_\_\_\_

**Please initial each Release below and submit to camp as part of the Check-in process**

### Medical Release

\_\_\_\_\_(initial) 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.

\_\_\_\_\_(initial) 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. I agree to the release of any records necessary for treatment, referral, billing or insurance purposes.

\_\_\_\_\_(initial) 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.

### Release of Liability

\_\_\_\_\_(initial) I waive and release all claims for damages for death, personal injury or property damage that may occur as a result of engaging in camp activities. This discharges in advance Camp de Benneville Pines, its employees and other agents from liability even though that liability may arise out of their negligence. I know that being in a forest retreat setting involves a risk of accidents, and I willingly assume the risk. This waiver, release and assumption of risk is binding on my heirs and assigns.

### Release of Contact Information

\_\_\_\_\_(initial) I understand my contact information above will be shared with Camp so they can keep me in the loop on what's happening all year long. Camp will not share any information with third-party entities, ever.

### Photo Release

\_\_\_\_\_(initial) I give permission and consent for all persons associated with my registration to allow photographs/video to be taken during camp session activities. I further give permission and consent that any such photographs may be published and used by Camp de Benneville Pines and its agents to illustrate and promote the camp experience, Camp de Benneville Pines, and its camp programs. Camp will not identify Campers by name without their permission.

**Emergency Information – all information below will be shredded after camp. We do not retain medical records for adult campers.**

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)

Signature \_\_\_\_\_ Date \_\_\_\_\_



# Emergency Information and Release Form for Families Attending Camp de Benneville Pines

Parent (Primary Insured) at Camp \_\_\_\_\_ DOB \_\_\_\_\_

Address \_\_\_\_\_ City/State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Email \_\_\_\_\_ Gender \_\_\_\_\_

Second Parent at Camp \_\_\_\_\_ DOB \_\_\_\_\_ Gender \_\_\_\_\_

Child Camper \_\_\_\_\_ DOB \_\_\_\_\_ Gender \_\_\_\_\_

Child Camper \_\_\_\_\_ DOB \_\_\_\_\_ Gender \_\_\_\_\_

Child Camper \_\_\_\_\_ DOB \_\_\_\_\_ Gender \_\_\_\_\_

List additional family members on reverse

**Please initial each Release below and submit to camp as part of the Check-in process**

## Medical Release

\_\_\_\_\_(initial) I understand that if a family member or 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.

\_\_\_\_\_(initial) 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 for myself or family members. I agree to the release of any records necessary for treatment, referral, billing or insurance purposes.

\_\_\_\_\_(initial) 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 family members.

## Release of Liability

\_\_\_\_\_(initial) I waive and release all claims for damages for death, personal injury or property damage that may occur as a result of engaging in camp activities. This discharges in advance Camp de Benneville Pines, its employees and other agents from liability even though that liability may arise out of their negligence. I know that being in a forest retreat setting involves a risk of accidents, and I willingly assume the risk. This waiver, release and assumption of risk is binding on my heirs and assigns.

\_\_\_\_\_(initial) I agree to follow the safety rules of camp and assume responsibility to ensure my children also follow the rules.

## Release of Contact Information

\_\_\_\_\_(initial) I understand my contact information above will be shared with Camp so they can keep me in the loop on what's happening all year long. Camp will not share any information with third-party entities, ever.

## Photo Release

\_\_\_\_\_(initial) I give permission and consent for all persons associated with my registration to allow photographs/video to be taken during camp session activities. I further give permission and consent that any such photographs may be published and used by Camp de Benneville Pines and its agents to illustrate and promote the camp experience, Camp de Benneville Pines, and its camp programs. Camp will not identify Campers by name without their permission.

If family is covered by medical/hospital insurance, attach a copy of your card to this form. If you have no insurance, please provide social security numbers for each family member at camp on a separate piece of paper so care can be obtained at County Hospital.

Emergency Contact (not at camp)

Name \_\_\_\_\_ Phone #1 \_\_\_\_\_

Phone #2 \_\_\_\_\_ Email/SMS \_\_\_\_\_

Known allergies to food, medication and/or anesthetics, environmental factors. Indicate which family member and describe reactions (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).

Signature \_\_\_\_\_ Date \_\_\_\_\_

Camp Dates \_\_\_\_\_

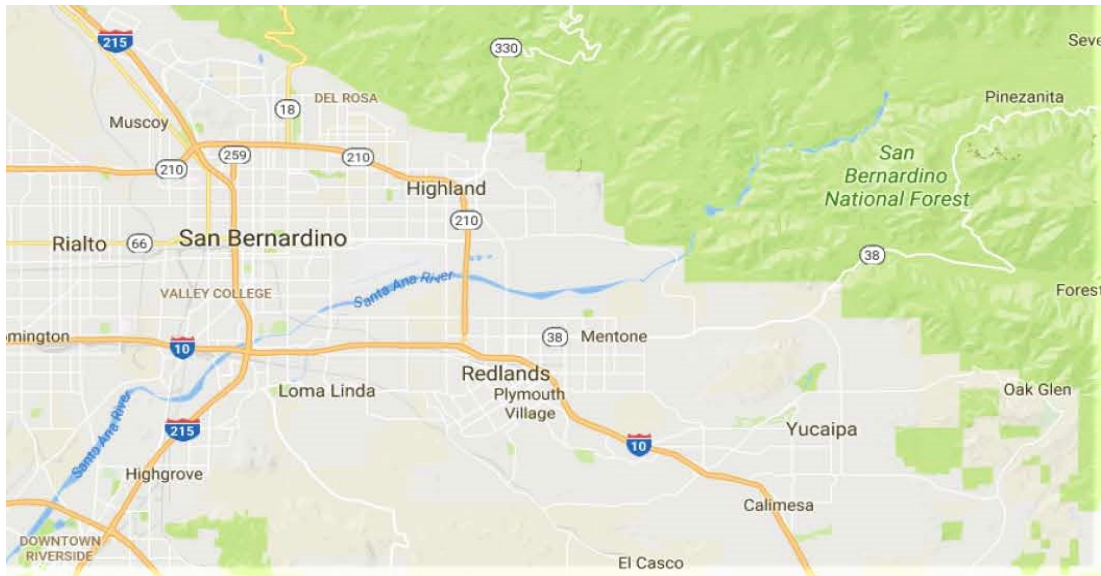
Cabin \_\_\_\_\_

Family Name \_\_\_\_\_

# Camp de Benneville Pines 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 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 area behind the lodge kitchen (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 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 very limited WiFi access in Camp. We are on a shared broadband system, and using the system to download music, movies or games is not allowed. When we exceed our allowed usage, the broadband is slowed down to dial up speed. Time to unplug and enjoy Camp and all the fun activities! Leave your computer work for when you get back home. Hike a trail, go canoeing, read a book—unplug!
- 18) We DO ASSESS damage charges for graffiti, excessive wear and tear, chewing gum and other adhesives found in the carpet and furniture. We want to keep things in good order for the next group.
- 19) Please close all cabin doors to keep the heat in and the critters out!
- 20) Carry chains October – 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.**
- 24) No one under the age of 14 may ever be in the hot tub.
- 25) Never use the hot tub alone. No glass containers or alcoholic beverages allowed at the hot tub. Please keep the following numbers in your wallet or pocket while in Camp: Camp Manager Janet James' cell 909-435-6298; Maintenance Supervisor Frank Haahr's cell 760-600-6012. TEXT or CALL either number.

## DIRECTIONS to Camp de Benneville Pines

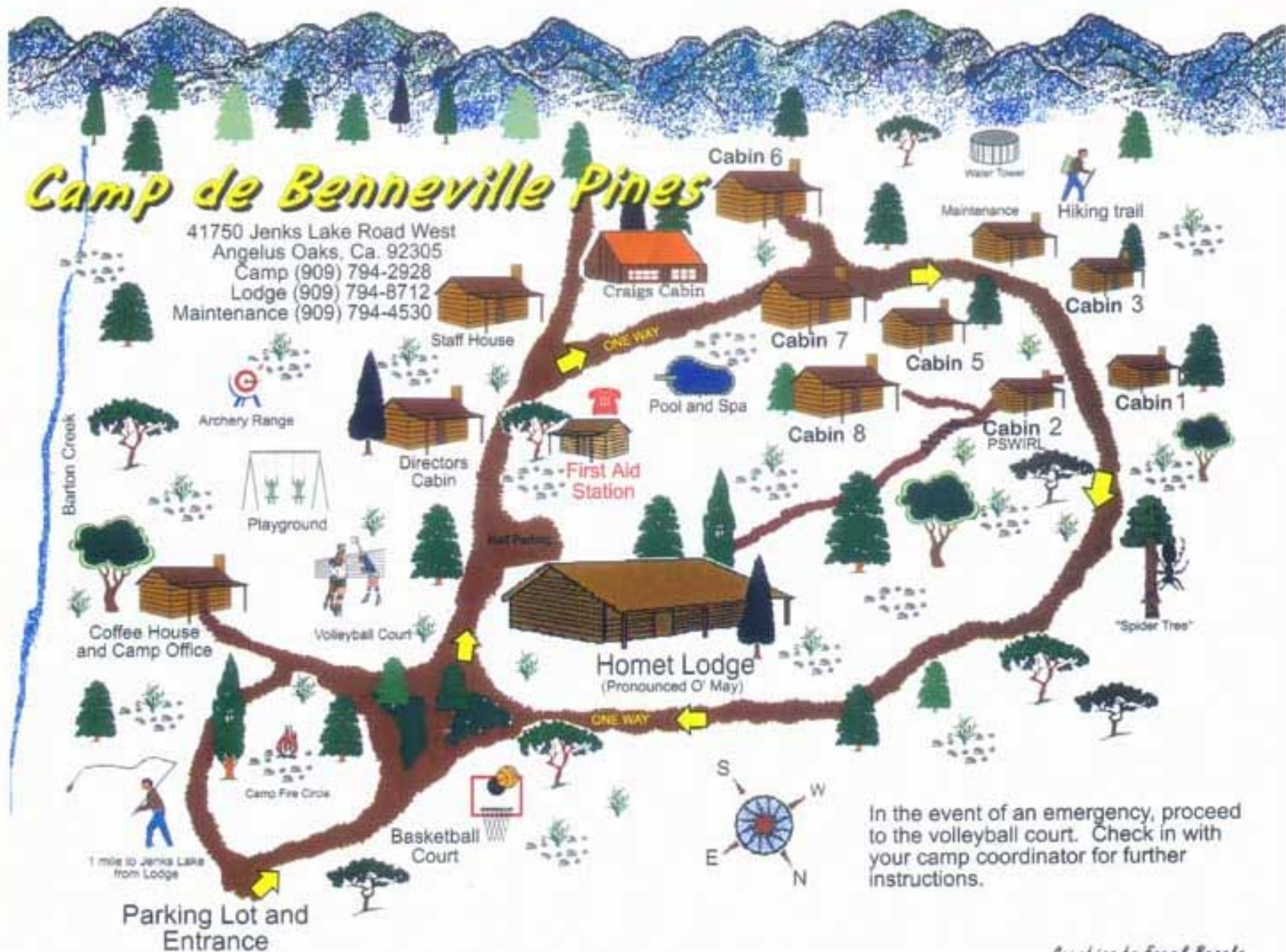


- Arizona:** Take the I-10 West to Exit 85 - Oak Glen/Live Oak Canyon Rd. Turn right on to Oak Glen Rd. Follow the road across Yucaipa Blvd and continue to Bryant St., turn left and go to Hwy 38. Turn right. Follow the directions in **BOLD below** from Hwy 38.
- Orange Co:** Take the 91 Freeway toward Riverside until it become the I-215 East toward San Bernardino. Take the I-10 East to Redlands. Follow the directions in **BOLD below** from Redlands.
- Las Vegas:** Take the I-15 South to San Bernardino. Take the 210 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 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 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 and follow the directions in **BOLD below** from Hwy 38.
- Ventura:** Get on US-101 and exit onto I-210 East. Continue on I-210 and exit at Live Oak Canyon Road. Turn left, 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.
- Redlands:** From I-10, take University exit. Turn left on University. Turn right on Lugonia/Hwy 38. Follow the directions in **BOLD below** from Hwy 38.
- From 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 5.5 miles. Turn right on to Jenks Lake Road, West. The sign for Camp de Benneville Pines will be on the right, approximately 1.5 miles up. (If you see the sign for Seven Oaks on Hwy 38, you have missed the Jenks Lake turn. Go back to Jenks Lake Road, West.



# 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



In the event of an emergency, proceed to the volleyball court. Check in with your camp coordinator for further instructions.

Graphics by Frank Barata