

Camp de Benneville Pines
Yoga Camp 2020 - Virtual
Building Resiliency

Deans: Lisa Harris and Kathy Bolte

Camper Packet



Friday, September 11 — Sunday, September 13, 2020



Hello Yoga Campers,

Here's your camper information packet for Yoga Camp 2020. It contains the schedule of events, what to "bring" checklist (ha! ha!) and virtual/Zoom etiquette instructions. Please take a moment to read this packet over carefully as attending a virtual camp is different than heading up the mountain to stay at Camp de Benneville Pines.

During this challenging time, it's more important than ever for us to be able to withstand or recover from difficult situations. So, our focus this year will be on sharing and cultivating strategies for resilience. There will also be evening Campfires and Morning Cafes where you can catch up with old friends and make new ones.

So find a quiet place where you can "get away" during retreat time.

We realize that a virtual camp is not the same as being together but with the new tools we are using to connect (like Zoom!), we are going to feel all the revitalization and positive experience that Yoga Camp always provides.

Best regards,
Lisa Harris and Kathy Bolte
Deans
Yoga Camp 2020 -- Virtual Camp



YOGA CAMP 2020

“Building Resiliency”

Virtual Wellness Weekend

Yoga Camp 2020 LINK for the Zoom Basics trainings and the ENTIRE Weekend

Join Zoom Meeting

<https://us02web.zoom.us/j/9094359743?pwd=Nmpad2JrUWZaMS9LUENwNjd1YUlkdz09>

Meeting ID: 909 435 9743

Passcode: 246810

Friday, September 11

Optional Zoom Training

10am - 10:30am (use link above)

Uncomfortable on-line? Unfamiliar with ZOOM?

Join this comprehensive pre-weekend **ZOOM 101** tutorial for those of you not familiar or comfortable with this platform yet, and support will be available throughout the weekend.

Alternate Zoom Training

Tuesday, September 8, at 7pm
(see link above)

Opening Sessions:

6:15pm – 6:55pm **Evening Campfire** 

This opening “*Campfire*” is an optional **pre-main-event** gathering with Camp Director Janet James to catch up with the “going’s on” and status of Camp de Benneville in recent months.

You can also log into this “*Campfire*” time and ask to be placed into a *Breakout Room* with specific campers you wish to reunite with. (This can be done privately by opening the meeting Chat box and sending Lisa your request.)

Having a challenge connecting? Text or call Kathy (951) 660-5131

7pm – 8pm

Welcome Address and Gentle Yoga



The welcome message will include **teacher introductions**; an interactive group activity; a brief presentation on the theme of **Resilience**; Janet's always hilarious "**Welcome to Camp Safety Speech**"; and a 30 minute **Yin Yoga Practice** with Kathy Bolte.

Saturday, September 12

Morning Sessions:

8:15am – 8:55am

Morning Café



This morning "Cafe" is an optional coffee time discussion before the main session begins. The discussion topic will be: ***What has helped with your resilience during these challenging times?***

You can also log into this "Cafe" time and ask to be placed into a *Breakout Room* with specific campers you wish to reunite with or enjoy coffee with. *(This can be done privately by opening the meeting Chat box and sending Lisa your request.)*

Having a challenge connecting? Text or call Kathy (951) 660-5131

9am – 10am

Keynote address with Pam Hale Trachta



7 Lessons for Navigating Turbulent Times

* Please print Pam's Handout

10am – 10:15

Break

10:15 – 11:15

Gentle All Levels Yoga with Lisa Harris ***Strengthening Your Resilience***



11:15 – 11:30

Break

11:30 – 12:30pm

Mindfulness Practice with Marge Wurgel 

Living Fully in the Present Moment

**Please bring a morsel to eat: a couple of raisins, a date, piece of chocolate, slice of apple, or dried apricot or fig.*

Enjoy Your Afternoon! Continue with your own resiliency practice (take a bath, go for a walk or hike, listen to some music, draw, journal, etc.), OR re-join your family life as needed.

Saturday Evening Sessions:

6:15pm – 6:55pm

“Q&A Campfire” with Pam Hale Trachta 

Do you have questions for Pam? Join the Q&A discussion time with our Keynote speaker.

Having a challenge connecting? Text or call Lisa (909) 435-9743

After the Q&A Campfire, invite the entire family to participate together in the following evening activities.

7pm – 8:00pm

Evening Program with **Kathy Bolte**

Little Sarita & The Cave Dwellers  

8pm to 8:30pm

Kahoot with **Lisa Harris** 

A fun electronic trivia game for the whole family using the **Kahoot** app (No download necessary - kahoot.it)

Sunday, September 13

Morning Sessions:

8:15am – 8:55am

Morning Café



This morning “Cafe” is an optional coffee time Mantra practice or listening experience with Kathy before the main session begins.

You can also log into this “Cafe” time and ask to be placed into a *Breakout Room* with specific campers you wish to reunite with or enjoy coffee with. *(This can be done privately by opening the meeting Chat box and sending Lisa your request.)*

Having a challenge connecting? Text or call Lisa (909) 435-9743

9am – 10am

Gentle Yoga to Cultivate Resilience



All Levels with Nathan Gabor & Angela Andiorio

10am – 10:15

Break

10:15 – 11:15

Mindfulness Meditation with Keith Mesecher



Generating Happiness and Living Without Fear

11:15 – 11:30

Break

11:30 – 12:30 ish

Closing Session



The Closing Session will include ways to “bring the **Resiliency** theme home with you”; an interactive group activity; an update on how *YOU* can help Camp de Benneville Pines; expressions of gratitude, and a fond farewell.

What to Bring

Well, let's see...

This year you **WON'T** need:

Bedding	Towels
Toiletries	Pillow
Bathing suit	Underwear
Sunscreen	Jacket for cool weather
Rain gear	Sturdy shoes
Flashlight	Phone charger

You **WILL** need:

Yoga mat

A chair for support getting up and down, if needed

Cushions, blankets or a comfortable place (maybe with back against a wall) to sit while on Zoom for quiet practices

Yoga blocks, if you've got them

Ability to see your screen while moving

Water or other beverage (it's important to stay hydrated!)

Pencil or pen and a pad of paper for writing notes



Zoom Etiquette

- Be on time – know when the session begins and sign in with enough time to check microphone/ speaker, adjust camera, and get settled before designated start time
- Use virtual backgrounds appropriately – virtual backgrounds are fun and can also be distracting/ do not use a virtual background if you will be moving around (yoga, dance, etc.) or trying to show or demonstrate something
- Keep microphone muted unless speaking/ be sure to unmute yourself before speaking
- One speaker at a time – give everyone a chance to speak/ follow presenter's or facilitator's lead as to protocol
- No background noises – background noise will be heard by all and is distracting
- Do not have multiple devices on in same room – this will cause feedback. If more than one person in the house is signed into the session, you must be in different rooms
- Speak clearly and toward microphone
- Mute and no video if you must do something else
- Learn to use hand raise/ reactions
- Do not repeat questions in chat or use chat for off topic issues
- Follow the presenter's/ facilitator's lead on using chat/ some presenters might not be focusing on chats and prefer that you raise your hand (virtually or actually)
- Know who you are sending chat to – everyone/ presenter or another participant-be careful as to what you chat; you might send to everyone instead of individual
- Be patient – everyone, including presenters and facilitators, have different levels of Zoom literacy and experience/ We are Camp, nature, and people lovers, not IT professionals/ We are all here to have fun, learn something new and honor ourselves and one another



FLYING LESSONS REVISITED: 7 Lessons for Navigating Turbulent Times

Pick a challenge to focus on: Write it down here:

The Flying Metaphor:

What would flying or soaring look like for you in the challenge you chose? Dream a brief “big dream” of who you might be if you stepped into your highest potential and fulfillment. Make a few notes:

Your Introductory Flight Assessment

***Flight Lesson #1: Always Know Where You’re Going to Land**

Notes on my safe landing space, the solid ground to which I can return no matter what is happening around me, my first Chakra at my root:

Flight Lesson #2: Bring Enough Fuel for the Journey

Notes on my premium fuel and my minimum fuel level at my second chakra in the belly:

Flight lesson #3: Take the Pilot's Seat

Notes on taking 100% responsibility for my own flight and moving the highest part of me into the pilot's seat, at my third chakra at the solar plexus:

***Flight Lesson #4: Remember Why You Long to Fly**

Notes on my sources of inspiration, my own growing sense of purpose, my compass of joy, and opening my heart center:

Flight Lesson #5: Communicate with the Controllers:

Notes on how I deal with inner and outer voices and take control of the “frequency” I choose to listen to, and what I choose to express—from the fifth chakra at the throat:

Flight Lesson #6: Broaden Your Scan

Notes on how I use my “inner instruments” of intuition and instinct to gather information and discern truth and to decide on my best course of action—from the sixth chakra at the third eye:

***Flight Lesson #7: Give Way to the Winds**

Notes on letting go of my will and attachments, surrendering to the One Being and trusting life as it is unfolding in the present—from the crown chakra:

Post flight briefing:

Notes on reflections/ flight plans for the future:

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