

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.

We hope that the virtual nature of this year’s event will actually encourage **MORE** of you to register, since you can do so from the comfort of your own homes!

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.