

Wake Up Spring Camp @ Harmony Pines Camp and Retreat Center

Registration Confirmation for March 6-8, 2015

Dear Wake Up camper,

Thank you for your registration! This letter confirms your registration for the Wake Up Spring Camp @ Harmony Pines Camp and Retreat Center.

“We recognize that life can get busy. Really busy! And stressful! And overwhelming! Finding the time to pause and reflect is difficult, especially amidst an ever-growing to-do list and inbox that keeps piling up. But somehow you found yourself here, and for that we are grateful.

You’ve arrived at just the right time and you’re in just the right state of mind. All of the things you did prior to now are done and everything you need to do later can wait. You are here!

As for us, well, we’re here as well. We’re part of the Wake Up movement. We represent a world-wide network of young people practicing the living art of mindfulness.

If you know a thing or two about mindfulness, great. If you’re new to the practice, even better. The most important thing to remember about mindfulness is that it is to be experienced. Words and people can describe it, but its true transformative power will be seen when you are able to practice it for yourself. That’s what we’re here to help you with.

Being mindful is simple, but not always easy. The practices we’ll cover will equip you with your own ‘mindfulness toolkit’ that you can use anywhere, anytime, with anybody. Practicing mindful breathing, sitting, walking, eating, talking and listening... all of these can open doors of happiness and peace. They provide some space between you and the stress found in the realities of everyday life. With this space comes joy, relief, and healing; you are free to just be.” (vietwakeup.org)

CAMP SCHEDULE

Arrange to arrive at the camp site at 10:30 AM on March 6, your Friday arrival day. Arrange to depart around 4:00 PM on March 8, your Sunday departure day. We encourage campers to attend the entire camp in order to gain the most benefit. No partial attendance, please.

ACCOMMODATION

Harmony Pines Camp Site has 6 large sleeping dormitories with 42 bunk beds with heaters for winter season. Please click here for additional information on the camp site’s amenities:

<http://www.bodhiyouth.org/www4/index.php/harmony-pines/2013-05-24-17-56-23/camp-amenities2>

FOOD

Freshly prepared vegetarian meals will be provided. Friday lunch will be the first meal at the camp and Sunday lunch will be the last.

ATTIRE

Casual attire is fine. However, out of respect for our monastic brothers and sisters, please wear at least short-sleeved shirts with long pants or calf-length skirts – no shorts or tank tops.

WHAT TO BRING TO THE SPRING CAMP

Remember to pack your bedding (pillow, sheets and blankets for a twin-size bed and/or sleeping bag), warm clothes for cool nights and mornings, soap, towels, toiletries, sun hat, sunscreen, flashlight, shoes that are easy to slip on and off, and hiking boots or shoes. To help reduce waste, bring a cloth napkin for meals and a reusable water bottle.

WHAT NOT TO BRING TO THE SPRING CAMP

One of the gifts of practicing together is the chance to enjoy a technological sabbatical during your stay. Please do not bring to the camp any electronics such as tablets, laptops, cell phones, video games, et cetera. E-mail and internet are unavailable. Wristwatches and alarm clocks are exceptions to the rule (you may need these). There will be no cell phone signal in the mountain. If you are a professional on call, arrange in advance to be undisturbed during your retreat.

DRIVING DIRECTIONS:

Please click here for driving directions: <http://www.bodhiyouth.org/www4/index.php/harmony-pines/2013-05-24-17-57-45>

If you need further help with directions, please give Harmony Pines a call at 760-249-5351.

CANCELLATION POLICY

Cancellations received...

31 days prior to arrival -- 85% refund

15-30 days prior to arrival -- 75% refund

8-14 days prior to arrival -- 50% refund

7 days prior to arrival -- No refund

Thank you for your registration! Please check your email for a registration confirmation with further instructions on how to prepare for the Wake Up Spring Camp @ Harmony Pines Camp and Retreat Center.

We look forward to a wonderful camp together.

With gratitude,

Wake Up Spring Camp Registration Team