

WHAT?

The North America Viet Wake Up Tour 2015 is coming to southern California with a 3-day Wake Up Spring Camp! There will be also a [FREE public talk](#) on Thursday, March 5th at 7:00 pm at Golden West College, Huntington Beach.

The Wake Up Spring Camp is an opportunity to experience the practice of mindfulness, to reconnect with yourself and those around you. It is also an occasion to renew and rediscover your spiritual and ancestral roots.

If you are familiar with the Wake Up Movement, a world-wide network of young people practicing the living art of mindfulness, that's great! Please come and practice with us in brotherhood and sisterhood. If you are new to the practice of mindfulness, that's perfect, too! The most important thing to remember about mindfulness is that it must be personally experienced. You can read about it, and hear it from people, but its true transformative powers can only be realized with your own practice. And what better way to practice than among fellow young adults!

WHO? The Wake Up Spring Camp for young Vietnamese and non-Vietnamese Americans will be led by monks and nuns of Plum Village.

WHEN? From Friday, March 6 to Sunday, March 8, 2015

WHERE? The Wake Up Spring Camp will take place at Harmony Pines, located just 35 minutes from San Bernardino area; and 1.5 hours from the Los Angeles basin and Orange County. This beautiful campsite is nestled over 6,000 feet up in the giant pines of the San Gabriel Mountains. Harmony Pines is very shady and cool in the summer, and often covered beautifully with snow in the winter.

Harmony Pines Camp and Retreat Center
23001 Big Pines Hwy
Wrightwood, CA 92397
760-249-5351

Please follow this link for map and directions:

<http://www.bodhiyouth.org/www4/index.php/harmony-pines/2013-05-24-17-57-45>

HOW? The cost of attending the retreat is \$75, which covers two-night dormitory style lodging with bunk beds, seven vegetarian meals, and program activities. Also included at no cost to you are fresh mountain air scented by giant pines of the Angeles National Forest, hiking trails in the San Gabriel Mountain, and campfires for nature oriented activities. :-)

For information on amenities at Harmony Pines Camp and Retreat Center, please visit the camp website:

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

If you have problems paying online, please write checks payable to "Viet Wake Up" with "2005 Viet Wake Up" in the memo and mail to the camp's treasurer:

Cathy Ngo
6018 Coldbrook Ave,
Lakewood, CA 90713

CAMP SCHOLARSHIPS

The camp fee already considers student income. However, if financial hardship is keeping you from attending the camp, please consider applying for a scholarship by contacting the camp lead organizer, Thang Nguyen, at ngxthang@gmail.com.

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

For more information about Viet Wake Up and Plum Village, please visit the websites:

<http://www.vietwakeup.org>

<http://vietwakeupoc.org/>

<https://www.facebook.com/vietwakeupoc>

<http://www.wkup.org/>

<http://plumvillage.org/>

If you still have more questions, please contact the camp's lead organizers: Thang Nguyen (ngxthang@gmail.com, 714-722-8251) or Angela Vu (angela.vu@bodhiyouth.org, 714-916-6036)