



5TH ANNUAL

YOUTH EMPOWERMENT SEMINAR

SUMMER CAMP

MONTREAL 2010

JUNE 26TH - JULY 8TH

INFORMATION PACKET

WWW.ARTOFLIVINGYOUTH.ORG



YES! Camp 2008



Out by the lake

YES! SUMMER CAMP: JUNE 26TH - JULY 8TH, 2010

This summer, students from across North America will come together at the International Art of Living Centre in Quebec, Canada to build leadership and teamwork skills while enjoying the great outdoors, building friendships, and having a great time!

This packet contains everything you need to know about the application process—deadlines, transportation, and packing list. See you soon!

DESCRIPTION:

A 12-day residential summer camp for youth between the ages of 14 - 18 that integrates capacity building and service into a fun-filled and unforgettable experience!

CAMP FEATURES:

- THE ART OF LIVING YES! PROGRAM
- OUTDOOR ADVENTURES - 3-DAY CAMPING TRIP WITH CANOEING, ROCK CLIMBING, ROPES COURSE, HIKING, SWIMMING
- DAILY YOGA AND MORNING EXERCISE
- BONFIRES, GAMES, SINGING AND MORE...
- A DRUG AND ALCOHOL-FREE ENVIRONMENT
- TASTY VEGETARIAN CUISINE
- COMMUNITY SERVICE HOURS

CAMP REGISTRATION FEE:

\$900 per student. this includes shuttle from Montreal to the Art Of Living Centre.

Payment due by **Friday, July 2nd, 2010**

Please contact your country coordinator for details.

CAMP LOCATION:

International Centre, The Art of Living Foundation

Tel: 819.532.3328

Chemin de L'Infinite

Montreal, QC

GOX 1NO

A DAY IN THE LIFE OF A

YES! SUMMER CAMPER

6:30AM

POLAR BEAR DIP (OPTIONAL)

7AM

WAKE UP / SHAKE UP

MORNING YOGA AND EXERCISE

9AM

BREAKFAST AND SERVICE

10AM - 1PM

YES! PROGRAM

1PM - 1:30 PM

LUNCH

2PM - 5PM

ACTIVITY ON CAMPUS / SERVICE / FIELD TRIP

5PM - 6PM

MEDITATION AND FREE TIME

6PM

DINNER AND CLEANUP

7PM

SATSANG:

SINGING AND DANCING THE NIGHT AWAY!

10PM

BONFIRE, KNOWLEDGE SESSION

11:30PM

LIGHTS OUT

“This course has had a positive impact on me. The techniques you taught us to become energized, to become stress-free are only one of the things I learned on this course. I also learned how to shape the mold of the world and of myself, to who I want to be. I know I can do this by giving my all, taking responsibility, and having faith in myself and others.” – Micheal, age 17, Halifax, Nova Scotia



THE ART OF LIVING YES! PROGRAM

A life-skills and leadership program that prepares students to excel in academics, careers and beyond. Through games, interactive discussions and experiential processes, students learn how to achieve their goals with efficiency and confidence. This program features Sudarshan Kriya, powerful concentration meditations, and techniques to eliminate fear, doubts and anxiety.



THE GREAT OUTDOORS

Camping in Mauricie National Parc, which includes canoeing, rock climbing, ropes course and more. The Art of Living Campus is situated on 250 acres of land with five beautiful lakes.



DRUG AND ALCOHOL-FREE ENVIRONMENT

This is a drug and alcohol free campus. Upon acceptance into the camp, each participant makes the commitment to stay drug and alcohol free for the entire 12-days.



DAILY YOGA AND MORNING EXERCISE

Strengthening the body and building endurance help shape healthy leaders of tomorrow. Learn about nutrition and food while keeping a vegetarian diet. Cooking classes and gourmet vegetarian cuisine will be part of every camper's experience.



BONFIRES, GAMES, SINGING AND MORE...

Nightly bonfires, singing, dancing, and knowledge serve as the perfect night cap.

SERVICE LEARNING CREDIT

Participate in various service activities – instruction and hands-on experience with organic farming, cooking, landscaping and displaying creativity through wood-work, construction, and painting. Campers will also plan and implement a service project in the community to build on the leadership skills learned during the YES! Program. They will then receive a certificate acknowledging their successful completion of 30-hrs of community service.

The Art of Living Foundation is a registered, charitable non-profit organization, founded by world-renowned humanitarian and spiritual leader Sri Sri Ravi Shankar. Dedicated to uplifting society by strengthening the individual, the Foundation offers programs that eliminate stress, create a sense of belonging, restore human values and encourage people from all walks of life to come together in celebration, wisdom, and service. As the world's largest volunteer-run organization, the Art of Living has initiated numerous projects world-wide for youth leadership, education, and empowerment. For more information please visit us at www.artofliving.ca.

PACKING CHECKLIST

DRESS CODE:

CLEAN, MODEST, COMFORTABLE!

THE WEATHER IN ST. MATHIEU DU PARC VARIES A GREAT DEAL. DURING THE DAY IT CAN BE ANYWHERE BETWEEN 60 TO 70 DEGREES, FALLING TO 35-40 DEGREES IN THE EVENING. PACKING CLOTHES THAT YOU CAN LAYER AND THAT ARE COMFORTABLE IS IDEAL! SHORT SKIRTS AND TORN CLOTHS ARE NOT APPROPRIATE. NO BARE MIDRIFTS. NO PERSONAL ELECTRONIC DEVICES (HAND-HELD VIDEO GAME CONSOLES, LAPTOPS, IPODS).

PACKING LIST

- CLOTHES FOR TWELVE DAYS
- RAIN-JACKET/PONCHO
- SWEATER/SWEATSHIRT
- SOCKS
- UNDERWEAR
- SWIMMING TRUNKS/BATHING SUIT
- WATER BOTTLE
- HAT
- BANDANA — A MUST! WILL BE USING FOR GAMES
- TOWEL
- SWEATPANTS
- TENNIS SHOES - STUDENTS WILL NOT BE ABLE TO PARTICIPATE IN THE ROPES COURSE WITHOUT THESE
- SANDALS / FLIP FLOPS
- PAIR OF NICE PANTS / DRESS / SKIRT - MODEST ATTIRE. NO BARE MIDRIFTS.

TOILETRIES

- TOOTHBRUSH / TOOTHPASTE
- MOSQUITO REPELLENT
- SHAMPOO AND CONDITIONER
- SOAP
- HAIR COMB / BRUSH
- SUNSCREEN
- DEODORANT
- NAIL CLIPPER
- CHAP-STICK
- PRESCRIPTION MEDICATION - WILL NEED TO BE GIVEN TO THE CAMP SUPERVISOR UPON ARRIVAL

CAMPING LIST

- BACKPACK LARGE ENOUGH TO HOLD FOLLOWING ITEMS:

- RAIN GEAR
- SWEATER
- PANTS
- 2 PAIRS UNDERWEAR/SOCKS
- SWIMSUIT
- 2 T-SHIRTS
- SUNSCREEN
- INSECT REPELLENT
- FLASHLIGHT
- CAMERA (OPTIONAL)
- TOOTHBRUSH/TOOTHPASTE
- SOAP
- TRAVEL TOWEL
- SLEEPING BAG

MISCELLANEOUS

- JOURNAL
- EXTRA BATTERIES

IMPORTANT DEADLINES

PLEASE COMPLETE ALL APPLICATION MATERIALS AND SEND TO YOUR LOCAL COORDINATOR
BY THE DATES LISTED BELOW

JUNE 20TH

SUBMIT COMPLETE APPLICATION TO COUNTRY COORDINATOR
INCLUDE PAYMENT OF \$900

JUNE 26TH

ARRIVE IN MONTREAL

JULY 8TH

DEPART MONTREAL

ALL STUDENTS SHOULD PLAN TO ARRIVE IN MONTREAL BY 2PM ON JUNE 26TH.
RENDEZVOUS AT AOL INTERNATIONAL CENTRE AT 5PM
PROVIDED TRANSPORTATION WILL ARRIVE IN MONTREAL AT 3PM ON JULY 22ND
YOU MAY TRAVEL AS A GROUP FROM YOUR CITY BY BUS, TRAIN OR PLANE.
PLEASE CONTACT YOUR COUNTRY COORDINATOR FOR MORE INFORMATION ON GROUP TRAVEL.

REQUIRED TRAVEL DOCUMENTS:

PASSPORT AND/OR ORIGINAL BIRTH CERTIFICATE
RESIDENT ALIEN CARD IF NOT A US CITIZEN
ROUND TRIP TRAVEL TICKET (FROM AIRLINE, TRAIN, OR BUS)

COUNTRY COORDINATORS

GAYATRI MANI, USA
GAYATRI@IAHV.ORG / 301.461.3220

JEFFREY PAQUETTE, CANADA
JEFFREY.PAQUETTE@ARTOFLIVING.CA / 613.293.9662