



If you want to improve every part of your life and feel good about yourself then the YES! course is for you.”

– Austin, Age 15, New York

“I loved the relaxation part of the YES! Camp. The breathing calmed me down and helped me to control my anger. At the end, I did not want to go home.”

– Wesley, age 16, Washington, D.C.



YES! SUMMER CAMP 2008  
FOR OUR LEADERS OF TOMORROW

*information packet*

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YES! Camp 2006



Racing to the finish line!

## YES! Summer Camp: July 2 - 12, 2008

This summer, 50 students from across North America will come together at the Art of Living International Center 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, including important deadlines, transportation, and packing list. See you soon!

### DESCRIPTION:

A 10-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 - ROPES COURSE, HIKING, ETC.
- DAILY YOGA AND MORNING EXERCISE
- A DRUG AND ALCOHOL-FREE ENVIRONMENT
- TASTY VEGETARIAN CUISINE
- SERVICE LEARNING / COMMUNITY SERVICE
- BONFIRES, GAMES, SINGING AND MORE...

### CAMP REGISTRATION FEE:

\$500 per student. This does not include travel to/from Montreal. Payment due by **Monday, June 9th, 2008**. Please contact your country coordinator for details.

### CAMP LOCATION:

International Center, 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

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

*"I loved everything about the YES! Camp. The breathing helped in every aspect of my school and helped me to sleep. At the end of the course I was sad because I will miss everyone. The course was spectacular and unique."*

– Rosa, age 18, New York City



#### 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.



#### TREK THROUGH THE GREAT OUTDOORS

Hiking, canoeing, swimming and more... The Art of Living Campus is situated on 250 acres of land with five beautiful lakes. We will also be taking field trips to nearby waterfalls and trails.



#### 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 10-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, tree-planting, 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.org](http://www.artofliving.org)

# YES! SUMMER CAMP 2008

## 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 CLOTHES ARE NOT APPROPRIATE. NO BARE MIDRIFTS.

### PACKING LIST

- CLOTHES FOR TEN 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

### 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

### MISCELLANEOUS

- JOURNAL
- CAMERA AND FILM
- EXTRA BATTERIES

# YES! SUMMER CAMP 2008

## IMPORTANT DEADLINES

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

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### JUNE 9<sup>TH</sup>

SUBMIT COMPLETE APPLICATION TO COUNTRY COORDINATOR  
INCLUDE PAYMENT OF \$500

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### JUNE 21<sup>ST</sup>

ALL STUDENTS AND PARENTS ATTEND REQUIRED PRE-CAMP ORIENTATION

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### JULY 2<sup>ND</sup>

ARRIVE IN MONTREAL

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### JULY 12<sup>TH</sup>

DEPART MONTREAL

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ALL STUDENTS SHOULD PLAN TO ARRIVE IN MONTREAL BY 6PM ON JULY 2<sup>ND</sup>.  
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**

LAKSHMI JAGAD, USA

LAKSHMI.JAGAD@ARTOFLIVING.ORG / 404.307.3503

NARCISO CRUZ, USA

NARCISOC14@YAHOO.COM / 917.375.3129

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