

**YOGA CAMP 2020**  
**“Building Resiliency”**  
**Virtual Wellness Weekend**

**Friday, September 11**

**Optional Zoom Training**

10am - 10:30am

**Uncomfortable on-line? Unfamiliar with ZOOM?**

We will have a comprehensive pre-weekend ZOOM walk-through 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 Training Date: Tues. 9/1 at 7pm)*

**Opening Sessions:**

6:15pm – 6:55pm

**Evening Campfires**

“Campfires” are small group gatherings in *Zoom Breakout Rooms*. As you log in to Zoom and enter the main *Yoga Camp Meeting Room*, you will be given the option to select the room/discussion you would like to join for social time - including a Campfire for “newbies” to get to know Camp de Benneville and prepare for the weekend, a Camp de Benneville Q&A campfire with Janet, and personal campfires by request for catching up with old friends. Alternatively, you can “hang out in the main room” and people watch!

7pm – 8pm

**Welcome Address**

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 speech**”; and a 30 minute **Yin Yoga Practice** with Kathy Bolte.

# Saturday, September 12

## Morning Sessions:

8:15am – 8:55am

### **Morning Cafés**

“Cafes” are small group gatherings in *Zoom Breakout Rooms*. As you log in to Zoom and enter the main *Yoga Camp Meeting Room*, you will be given the option to select the room/discussion you would like to join for coffee time. Request a room for a group of friends you want to catch up with, join a moderated room to learn more about camp, or share your resiliency practices with other attendees. Alternatively, you can “hang out in the main room” and people watch!

9am – 10am

### **Keynote address with Pam Hale Trachta**

10am – 10:15

*Break*

10:15 – 11:15

### **Gentle All Levels Yoga with Lisa Harris**

11:15 – 11:30

*Break*

11:30 – 12:30pm

### **Mindfulness Practices with Marge Wurgel**

**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.

After the *Q&A Campfire*, invite the entire family to participate together in the following evening activities.

7pm – 8:00pm

### **Little Sarita & The Cave Dwellers with Kathy Bolte** (Story, Movement & Song)

8pm to 8:30pm

### **Kahoot Game with Lisa Harris**

A fun electronic trivia game using the Kahoot phone app.  
(No download necessary)

# Sunday, September 13

## Morning Sessions:

8:15am – 8:55am

### **Morning Cafés**

“Cafes” are small group gatherings in *Zoom Breakout Rooms*. As you log in to Zoom and enter the main *Yoga Camp Meeting Room*, you will be given the option to select the room/discussion you would like to join for coffee time. Request a room for a group of friends you want to catch up with, join moderated rooms to discuss topics from the weekend, or share your resiliency practices with other attendees. Alternatively, you can “hang out in the main room” and people watch!

9am – 10am

### **Gentle All Level Yoga with Nathan Gabor & Angela Andiorio**

10am – 10:15

*Break*

10:15 – 11:15

### **Mindfulness Meditation with Keith Mesecher**

11:15 – 11:30

*Break*

11:30 – 12:30pm

### **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; and a fond farewell and electronic survey.

## **\*Additional Zoom Training\***

**Tuesday, September 1 at 7pm**

We will have a pre-weekend ZOOM walk-through tutorial for those of you not familiar or comfortable with this platform yet.