



## FAMILY CAMP 2017

28 April - 1 May



Wonderful experiences await you & yours at Ananda Sangha's annual Family Camp out in the Sahyadri foothills. Adventures include compass navigation, zip lining, spider nets, vertical ladder, a nature trail hike, & archery.



Along with camp songs, wildlife insights, knots, yoga, & breathing exercises, stories, dramatisations, woodcraft, & traditional dancing. Unforgettable!



### WEEKEND RATES

(Including 3 meals & tea per day, & all Adventure Programme fees)

ROOM TYPE (All on Sharing Basis)	FRI DINNER- MON LUNCH	SAT BREAKFAST- MON LUNCH
Fully furnished, adults & children $\geq$ 12	Rs 5,700/person	Rs 5,200/person
Fully furnished, children 6-11	Rs 3,100/person	Rs 2,600/person
Sparsely furnished, adults & children $\geq$ 12	Rs 4,440/person	Rs 3,940/person
Sparsely furnished, children 6-11	Rs 2,470/person	Rs 1,970/person
Either type, children 5 & below	Free	Free

**FOR MORE INFORMATION & RESERVATIONS:**

**[retreat@anandaindia.org](mailto:retreat@anandaindia.org) or call 9011069792, or 7066028051**

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## Schedule

### FRIDAY 28 APRIL

- 4:00 pm onward Arrivals & Registration  
6:00-7:00 Sharing Nature activities for all ages  
7:00-7:45 Dinner  
7:45-8:15 Orientation, & Inspirational camp songs

### SATURDAY 29 APRIL

- 7:00-7:15 am Energisation exercises & meditation  
Alternative for children & others: superconscious living exercises, ("Awake & Ready" exercises, Circle of Joy, Full Yogic Breath, affirmations & fun yoga
- 8:30-8:45 "Trail of Beauty" walk
- 8:45-9:30 Breakfast (beginning with a brief period of silence)
- 9:30-12:30 pm Day-long programme led by Step-in Adventure (Pune) in small groups taking turns at: zip lining... spider nets... vertical ladder... compass navigation / treasure hunt... & team building activities
- 12:30-12:40 Wash-up
- 12:40-1:00 Choosing a place in nature with special appeal for quiet time or meditation
- 1:00-1:45 Lunch
- 1:45-2:15 Rest, free time
- 2:15-5:15 Continuation of Step-in Adventure programme
- 5:15-5:45 Chai
- 5:45-6:30 "Window on wildlife": things you probably didn't know about our 4-legged & feathered neighbours
- 6:30-7:00 Guided musical visualisation for all ages
- 7:00-7:45 Dinner
- 7:45-8:00 Gathering for night programme
- 8:00-9:30 Camp songs, children's songs, adventure stories, a little about stars



### SUNDAY 30 APRIL

- 6:00-6:30 am Sunrise energisation exercises for "early birds"  
Chanting in nature
- 6:30-7:15 Meditation  
Alternative for children & others: superconscious living exercises, ("Awake & Ready" exercises, Circle of Joy, Full Yogic Breath, affirmations & fun yoga

- 7:15-7:30 Chai & pick-up breakfast
- 7:30-7:45 Packing & departure for Lavasa nature trails
- 7:45-8:15 Ride to nature trails by bus (with music en route)
- 8:15-8:30 Arrival / washroom break / orientation to the nature trails
- 8:30-12:00 pm Trail hike, pausing at informational displays, playground & lookout tower



- 12:00-12:10 Return from the trails / washroom break
- 12:10-12:30 Departure for & arrival at archery location (Lake View Resort)
- 12:30-1:30 Picnic lunch
- 1:30-2:00 Rest, with stories of master archers Arjuna & Shivaji



Archery is a fun sport but also a skill that improves concentration & perseverance in all areas of life.

This is a unique opportunity to try it, as it is rarely offered in schools or anywhere else these days.

- 2:00-3:45 Archery
- 3:45-4:00 Packing & departure for Retreat
- 4:00-4:30 Ride back to the retreat (music en route)
- 4:30-5:00 Rest, free time
- 5:00-5:15 Chai
- 5:15-6:30 Sharing Nature activity  
Dramatisation practice

6:30-7:00	Meditation Alternate option: inspirational visualisation
7:00-7:45	Dinner
7:45-8:00	Gathering for night programme
8:00-9:30	Inspirational camp songs, Dramatisation

### MONDAY 1 MAY (Maharashtra Day)

6:30-8:30 am	Energisation exercises, yoga & meditation Alternate option: walking meditation
8:30-8:45	Quiet individual walk to breakfast
8:45-9:30	Breakfast
9:30-11:30	Woodcraft (birdhouses & feeders, bamboo work)
11:30-12:30 pm	Maypole dancing & dandiya dancing
12:30-1:00	Closing circle & evaluations
1:00	Lunch & goodbyes



### DIRECTIONS

From Chandni Chowk in western Pune, take Paud Road (sometimes called Lavasa Road or Temghar Road). In Pirangut, take a left at Gotawade Phata towards Lavasa. Continue past Kharawade Village. At a blue & white bus stop with an Ananda sign at Watunde Phata, turn left onto a dirt road. Follow the Ananda Yoga Retreat signs 2.5 km.