

YMCA Camp KEKOKA

COLLABORATING WITH
Alexandria Police Camp Charles H. Grimm

Yoga Retreat



Weekend Includes:

- Vinyasa Flow Yoga
- Modified Power Yoga
- Laughter Yoga
- D.R.E.A.M. Workshop
(Diet, Rest, Exercise, Attitude, Mind-body)
- Yoga for all levels
- Blissology
- Meditation and a time for reflection
- Healthy meals
- Yoga on the dock
- Sailing
- Kayaking
- Boating
- Pool
- Campfire time

For more information visit
www.ymcacampkekoka.org

OR

Contact Cassie Leichy:
804-435-3616
cleichy@peninsulaymca.org

Who: Anyone who wants to renew their spirit

When: Friday May 21— Sunday May 23.

Where: YMCA Camp Kekoka in Kilmarnock Virginia

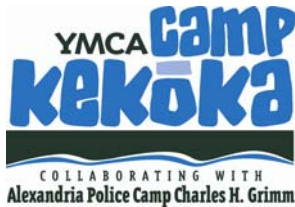
Cost: \$65 for the weekend. This includes 4 meals and lodging.

Lodging: Male & Female Cabins (primitive cabin 6 bunk beds with electricity) or bring your own tent and camp out under the stars!

"You cannot always control what goes on outside. But you can always control what goes on inside." Mr. Yoga



Our Mission: To put Christian principles into practice through programs that build a healthy Spirit, Mind and Body for all.



Yoga Retreat Guide

Arrival

When you arrive, your family will be greeted by a staff member. The staff member will check your paperwork and confirm your cottage assignment and direct you to its location.

Cabin Assignments

Each person will be placed in a male or female cabin. You will need to bring your own linens. Each cabin consists of single size bunk beds (enough for 12 people).

Tent Camping

There is plenty of space out under the stars if you wish to bring your own tent.

Meals

Breakfast on Saturday through breakfast on Sunday will be provided. The meals will consist of healthy options, including vegetarian meals.

Tentative Schedule

Friday

- 6-7pm arrival & set up time
- 7:30-8:30pm – Vinyasa Flow Yoga (Instructor Susan Johnson)
- 8:45 – Fireside Blissology (Led by MJ Anderson)

Saturday

- 7:30-8:15am Breakfast
- 8:30-8:45 Opening Devotion / Meditation
- 9:00-10:00 Modified Power Yoga Class (Instructor Suzanne Best)
- 10:00-12:00 Activity Session – All activities are by choice and optional. Activities include but are not limited to kayaking, sailing, pool, tubing, personal reflection time, etc.
- 12:00-1:00 Lunch
- 1:00-2:00 Quiet Time
- 2:00-3:30 Activity Session – All activities are by choice and optional. Activities include but are not limited to kayaking, sailing, pool, tubing, personal reflection time, etc.
- 3:30-4:00 Laughter Yoga (Instructor Caroline Shifflett)
- 4:00-5:00 Vinyasa Flow Yoga (Instructor Susan Johnson)
- 5:30 Dinner
- 6:30-7:30 D.R.E.A.M Workshop (Diet, Rest, Exercise, Attitude, Mind-body)
- 7:45-8:45 Fireside: Songs & S'Mores
- 8:45 Fireside: Blissology (Led by MJ Anderson)

Sunday

- 7:30-8:15am Breakfast
- 8:30-8:45 Opening Devotion / Meditation
- 9:00-10:00 Vinyasa Flow Yoga (Instructor Susan Johnson)
- 11am – Departure – see you at the next yoga retreat! ☺

Class Descriptions:

Modified Power Yoga: A flowing practice based on a dynamic sequence of classic yoga postures linked together to integrate breath and movement. Culminated by concentrated relaxation, the class focuses on flexibility, strength, and balance.

Vinyasa Flow Yoga: Challenge your body while nurturing your spirit in this class that integrates breath and movement, awareness and alignment, strength and flexibility, stillness and joy. For those with a foundation in yoga and a degree of strength, stamina and flexibility that allow for refinement.

Laughter Yoga: Laughter yoga is a form of yoga employing self-triggered laughter. The "laughter" is physical in nature, and does not necessarily involve humor or comedy. It is meant to be a combination of laughing and yoga breathing, in order to bring more oxygen to the body and the brain.

Blissology: The study of perfect happiness and joy. What does it really mean to be happy? What makes anyone joyful? What's the difference between bliss, happiness, and joy? Explore all of this and more.

D.R.E.A.M. Workshop: The acronym for Diet, Rest, Exercise, Attitude and Mind-body. Most of stress comes at us from Physical, Chemical and Mental forms. The DREAM workshop shares information about Pro-Vitalistic strategies, services and mind-sets to maximize quality of life.

Camp Rules

YMCA Camp Kekoka is an alcohol and drug free camp area. Alcohol consumption on camp property is prohibited.

Please follow the YMCA core character values of Honesty, Caring, Responsibility, and Respect while on the premises.

Please no pets allowed.

Camp fires can only happen at the camp fire circle.

Departure

Departure time is 11am. We ask that you leave your cabin / tent area the way you found it. Please see a staff member if you need any assistance (trash bag, trash pick up, broom, etc.) We appreciate your help in taking care of our beautiful environment.

Camp Kekoka Contact Information

Cassie Leichty Camp Director

P.O. Box 580

Boys Camp Road

Kilmarnock, VA 22482

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