

Women-In-Training Camp Espanola
June 29 - July 6, 2008

	Monday June 30	Tuesday July 1	Wednesday July 2	Thursday July 3	Friday July 4	Saturday July 5	Sunday July 6
Day Theme	The Invincible Women	Maintain Your Excellence	Confront Your Fears	New Moon Celebration: Recreate Yourself	Climb To Your Heights - All Camp hike	Create Your Golden Radiance Shield	CAMP BLESSING
4:00 AM Sadhana & Exercise							
4:00 AM Sadhana	Japji	Japji	Japji	Japji	Japji	Japji	Japji
Yoga	Yoga	Yoga	Yoga	Yoga	Yoga	Yoga	Yoga
Musicians	Musicians	Musicians	Musicians	Musicians	Musicians	Musicians	Musicians
6:00 AM Gurdwara	Gurdwara	Gurdwara	Gurdwara	Gurdwara	Gurdwara	Gurdwara	Gurdwara
7:00 AM Exercise	Physical Training	Physical Training	Physical Training	Physical Training	Breakfast with Missal	Physical Training	Physical Training
	BreathWalk	BreathWalk	BreathWalk	BreathWalk		BreathWalk	BreathWalk
	Bhangra	Bhangra	Bhangra	Bhangra		Bhangra	Bhangra
	Gatka	Gatka	Gatka	Gatka		Gatka	Gatka
	Forest Walk	Forest Walk	Forest Walk	Forest Walk		Forest Walk	Forest Walk
	Pool	Pool	Pool	Pool		Pool	Pool
8:30 AM Breakfast	Breakfast with Missal	Breakfast with Missal	Breakfast with Missal	Breakfast with Missal	7:00 AM Begin Climb to Your Heights Hike	Breakfast with Missal	Breakfast
10:00 - 12:00 Morning Class							
Yogi Lifestyle Track	Women as a Legend Tarn Taran Kaur Sat Bachan Kaur	Jantar, the Science of Imagery Tarn Taran Kaur Panch Nischan	Rap & Rape Tarn Taran Kaur	Woman & her Neurosis Tarn Taran Kaur Awtar Kaur	8:00AM- 5:00PM Climb to Your Heights: All camp hike, meditation, lunch, fun, & games	Deserve & Desire Tarn Taran Kaur Guruka Kaur	CAMP BLESSING
Yogi Lifestyle Track	Sacred Science of Hair Deva Kaur (FL)	Empowerment Life Design Workshop Anandadev & Sat Kirin Kaur	Sat Bachan Kaur & Hari Charn Kaur	Deva Kaur (FL) & Kirn Kaur		Intimate Relationships: Chat from Experience Jivan Joti Kaur	
Yogi Health & Healing Track	Seva Simran Siri Kaur	Self Esteem & Body Madhur Nain	Dr. Japa Kaur	SuperHealth-Freedom from Addictions Mukta Kaur		Deva Kaur (NM)	
Gurbani Kirtan	Seva Kaur- LA	Seva Kaur- LA	Seva Kaur- LA	Seva Kaur- LA		Yogic Foot Massage	
Naad	Shabd & Sound Sat Kirn	Power of Stillness Mahan Kirn Kaur	Cultivate Your Strength with Chanting & Sound Dev Suroop Kaur				
Sikh Dharma Track	The Essence of Prashad Har Nal Kaur	The Soul of Ardas Har Nal Kaur	Relating to the Siri Guru Granth Sahib Har Nal Kaur	Mool Mantra Har Nal Kaur		Setting up a Guru Har Nal Kaur	Packing & Departure.....S AT NAM
Sikh Dharma Track	Gurmukhi Hari Dharam Kaur	Gurmukhi Hari Dharam Kaur	Gurmukhi Hari Dharam Kaur	Gurmukhi Hari Dharam Kaur		Gurmukhi Hari Dharam Kaur	
Beginner's Yoga Introduction	Beginner's Yoga - What is Kundalini Yoga? Breath, Bhands & Intention Bhajan Kaur	Beginner's Yoga Bhajan Kaur	Beginner's Yoga Bhajan Kaur			Bringing Kundalini Yoga Lifestyle Home Pritpal Kaur Madhur Nain	

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1:30 - 4:00 PM All Camp Program						
Teachers	Tarn Taran Kaur Sat Bachan Kaur	Deva Kaur (FL) Kirn Kaur	Jivan Joti Kaur	Pritpal Kaur Mukta Kaur		Dr. Sadhana Kaur Dev Suroop Kaur
Highlights	Activity: Self communication & self-definition	Activity: Power & Grace of Woman	SILENCE DAY CHALLENGE	Recreate Yourself	8:00AM- 5:00 PM Climb to Your Heights: All Camp hike, meditation, lunch, fun, & games	Golden Radiance, Aura & Arcline
	Meditation: Self-Hypnosis for Wisdom, Comfort & Wellness	Meditation: Develop your Grace & Radiance as a Woman	Meditation: Getting Rid of Your Fears	Chant: Kundalini Surjihee		Open Tershula Meditation
	Chant: Nam Simran/Sat Nam Wahe Guru	Women's Health	Chant: Chakra Chakra Vartee	Activity: Recreate Yourself		Solidify Your Future Projection
	Women's Alphabet	Bowing Jaap Sahib	Chant: Aakhan Jor	Celestial Communication		Sat Nam Wahe Guru
		Akaal Sahaee haree haraeee with Adi Shakti	Celestial Communication	Gong		Rakhay Rakhan Har
		Chanting: Rhythm & Soul		Mera Man Lochai		
4:15 - 5:45 PM Relax & Recharge						
RELAX	RELAX	RELAX	RELAX	RELAX	8:00 AM-5:00PM Climb to Your Heights: All Camp hike, meditation, lunch, fun, & games	4:00 - 5:00 KYC program
Sat Nam Rasayan	Sat Nam Rasayan Guru Dev Singh	Sat Nam Rasayan Guru Dev Singh	Sat Nam Rasayan Jiwan Joti Kaur	Sat Nam Rasayan Guru Dev Singh		Prepare for evening program
Healing	Yogi Energy Healing Kirn Kaur	Intuition Training Siri Gian Kaur	Travel Tips for the Journey to Fearlessness Satya Kaur	Intuition Training Siri Gian Kaur		
Arts & Expression	Mala Making Kudrat Kaur	Dance	Celestial Communication Hari Kaur & Ardarsh Kaur			
	Pool	Pool	Pool	Pool		
6:00 Dinner	Dinner	Dinner	Dinner	Dinner	July 4th: Special dinner & dessert	Dinner
7:15 - 9:30 PM Evening Program						
7:15 Yogi Bhajan Video Lecture & Discussion	Yogi Bhajan video & discussion	Yogi Bhajan video & discussion	Yogi Bhajan video & discussion	Yogi Bhajan video & discussion	Healing Fair; YB stories with Siri Ram Kaur; 3HO slide show	Evening Program: Women's Alphabet by Missels; Teen Presentation; Yogi Bhajan meditation
8:30 PM Sacred Healing Circle Walk	Sacred Healing Circle	Sacred Healing Circle	Sacred Healing Circle	Sacred Healing Circle	Sacred Healing Circle	Sacred Healing Circle