

## 2009 INTERNATIONAL WOMEN'S CAMP SCHEDULE OF EVENTS AS OF 4-15-09\*

| Times   | Areas                             | Sunday   | Monday   | Tuesday  | Wednesday   | Thursday   | Friday                            | Saturday  |
|---|-----------------------------------|--|--|--|---|--|-----------------------------------|---|
|   |                                   | Welcome Kindness   | Create Your Own Reality  | Spiritual Acceleration   | Act Great; Never Be Turned By Fate  | Know Yourself  | Hike/Ojo                          | Art of Appreciation                                       |
| Sadhana Japji and Kriya are participant-powered this year! Different musicians will play each morning at Sadhana & Gurdwara |                                   |  |  |  |   |  |                                   |   |
| 9:30-11:30  | Challenging Kriya & Kindness med. |  | Gurmukh Kaur (US)  | Angad Kaur (China)   | Nam Nidhan Kaur (Chile)   | Angad Kaur (China)   | Hike                              | Participant-powered morning and 1-3pm module              |
| Elective modules<br>1-3 pm  | Healing/Health                    | Opening Day<br>1-3 p.m.<br>A class with Gurmukh Kaur                       | Mahan Kirn (US)  | Siri Prakash (US)  | Siri Neel/Sat Purkh (US)  | Kirn /Sada Sat (It)/Deva                                     | Hike                              | Aria Wang (US)  |
|   | Topic                             |  | Sat Nam Rasayan  | Choose Nourishment   | Intuitive Healing /Yogic Massage  | Women's Health   | Hike                              | Water & 2 <sup>nd</sup> chakra                            |
| 3:30-6pm  | Creative Arts                     | 3:30-6:00 p.m.<br>Music and Intentions with SadaSat Kaur & Tarn Taran Kaur | Dharma (Italy)   | Laurel (US)  | Devi Dyal (US)  | Hansraj/SarbNam (US)   | Hike                              | Guru Narayan (US)   |
|   | Type                              |  | Shakti Dance   | Write/Draw/Act   | Dance & KYoga   | Cr. Writing  | Hike                              | Sewing/Mending  |
|   | Naad                              |  | Sada Sat (It)  | Sada Sat (It)  | SatKirin (US)   | Pritpal/DevSuroop (US)                                       | Hike                              | TBD   |
|   | Sikh Dharma                       |  | Ek Ong Kaar (US)   | SatKirin (US)  | Dev Suroop (US)   | Ek Ong Kaar (US)   | Hike                              | TBD   |
|   | Teaching in community             |  | Tarn Taran (US)  | Angad (China)  | Pritpal (US)  | Nam Nidhan (Chile)   | Hike                              | TBD   |
|   | Spanish module                    |  |  | Nam Nidhan (Chile)   |   | Harnal (US)  | Hike                              | Sat Siri (Ecuador)  |
|   | Teen Module                       |  | Parampurkh(US)   | Harnal(US)   | Parampurkh(US)  | Laurel(US)   |                                   | Parampurkh(US)  |
| 7-9pm   | Yogi Bhajan lecture/meditation    | 7-9 p.m.<br>Sat Nam Rasayan with Guru Dev Singh                            | Pritpal/Sat Purkh (US)   | Deva (Fl)  | Dev Suroop (US)   | Kirn (US)/ Sada Sat (It)                                     | KYC performance/optional Ojo trip | Krishna Kaur (US)   |
|   | Evening program                   |  | Living Sacredness meditation 28 m<br>Rakhe Rakanahar & group process | Bibiji Inderjit on Guru Ram Das and Yogi Bhajan on <i>Kindness</i> | International panel on culture, issues, support, community—discovering <i>your</i> community in service | Sidh Karam Tershula 62 m and individual reflection exercises | Shakti Dance party                | Participant presentations & inspiration from Krishna Kaur |
|   |                                   |  |  |  |   |  |                                   | Moonlight Healing Walk<br><br>Slumber party!              |

\*Disclaimer: This schedule is subject to change. 3HO Foundation will post new information at [www.3HO.org](http://www.3HO.org) as teachers and artists are confirmed.