



26th Annual KLC August 16-20, 2017

Camp Whonnock, Maple Ridge, BC, Canada

Note: This information may be further updated as we get closer to Camp start. Much of the info is the same as last year.

KLC INFORMATION PACKAGE

Included in this package is valuable information you will need for your KLC experience. Please take a moment to read through it in its entirety.

- * Khalsa Ladies Camp begins on **WEDNESDAY, AUGUST 16th.**
- * **Access to Camp opens at 11:30 am.** (Late on-site Registration can take place at this time.) While we are excited to see you, we appreciate no early birds—we want to be ready to receive you!
- * Lunch will be ready for you at **1:00 pm** up in the dining area.
- * **Camp begins at 2 pm with our Opening Circle.** This is an essential part of Camp. Please be present for this gathering!

How do I get to Camp?

BY CAR

Camp Whonnock is located approximately 1 hour from Vancouver at **27660 Dewdney Trunk Road, Maple Ridge**. <https://3rascouts.com/camp-whonnock/> It is easy to find. You can find easy directions with Google Map. Or, here are simple directions from Vancouver:

Take Trans-Canada Highway 1 to Mary Hill Bypass/BC-7B and Lougheed Hwy/BC-7 East. Turn left onto Dewdney Trunk Road. (Note: NOT the Old Dewdney Trunk Road which appears very early on. Proceed to the big intersection, Staples on corner.) Turn Left. After about 15 km, Camp will be on your right.

CAR POOLING: Many women organize amongst themselves to carpool. If you have space and would like to offer a ride and share expenses, OR if you would like to connect with someone offering a ride, please use the following KLC Ride Share site.

<https://docs.google.com/spreadsheets/d/1ZwE6E0IEIX-0ggKszvcZUp95TlnjB2kaaWEknQO6rG0/edit?usp=sharing>

ARRIVING BY AIR

For transport from the airport to Vancouver, taxis are at the airport to get into downtown. As well the Canada Line skytrain is a very easy way to get from the airport into downtown Vancouver. Information can be found at the Vancouver Airport website: <http://www.yvr.ca/en/getting-to-from-yvr/public-transportation.aspx>

ACCOMMODATIONS BEFORE AND AFTER CAMP. The Vancouver 3HO community's Centre (**Raj Yog Nivas / Yoga West**) is located in the neighbourhood called Kitsilano. (2662 West 4th Avenue). To find affordable accommodations in this neighbourhood you could check out Air BnB offerings. A couple of community members offer Air BnB rooms.

What are the accommodations like? Rustic.

CABINS. Sleeping is in 7 cabins which have 8 beds (4 bunkbeds each cabin). They are dry and clean, and have electricity, but are not heated. These will be first come first served.

YOU WILL NEED TO SUPPLY YOUR OWN MATTRESS AND BEDDING.

TENT SITES

There is a wooded area with space to accommodate 10-13 tents if you wish to bring your own tent. Tents can also be put up between the Cabins. As these sites are limited, please contact the KLC registrar at klcregistrar@gmail.com to reserve a space.

Where will classes and gatherings be held?

MAIN LODGE

Teaching, sadhana & gatherings will take place in the main lodge. It includes a main hall with a fireplace, industrial kitchen, washroom facilities with showers (note: there is limited water capacity, so showers are short), and a covered deck for dining running length of the building.

What other amenities are available?

TRAIL

There is a trail traversing the backwoods behind the camp. There are also thousands of acres of woodland across the street with plenty of trails to explore. Remember this is a wilderness environment, always travel with a buddy and make sure people know where you are going.

What do I bring?

- **Leisure wear** (Expect hot & cold weather, as well as rain. Nighttime and morning sadhana time can be surprisingly cold. Layer!)
- **Loose fitting clothing** (for yoga & other physical activities)
- **Head covering** (turban, cloth, chuni, hat—preferably natural fibre). A head covering is required in the Gurdwara, and advisable for practice of Kundalini Yoga.
- **Running shoes or other strong shoes**
- **Swimsuit** (if you wish to go swimming. There is a lake nearby.)
- **Raingear** (raincoat and/or umbrella)
- **Bedding** (sleeping bag or quilt, pillow, air mattress, mat or foam. Whatever you need to be comfortable & cozy, and warm! It gets cold at night.) The single-sized bunkbeds do NOT have mattresses. You must bring your own foam, or whatever.
- **Towel**
- **Plate, bowl, cup, cutlery, & bag to carry them** (we wash our own dishes)
- **Sheepskin (or mat or blanket) & meditation shawl** for yoga and morning sadhana
- **Toiletries:** toothbrush, toothpaste, shampoo, hairbrush, etc.
- **Canteen or plastic water bottle** (no easily breakable glass bottles, please)
- **Flashlight**
- **Sunscreen & Insect Repellent**
- **Plastic ground covering** if you are bringing a Tent

OPTIONAL

- More “dressy” attire (for sacred music night). We will be seated on the floor.
- Small back pack
- Alarm clock—especially if you don’t want to miss morning sadhana at 4 am!
- Small mirror
- Camera

Restricted Substances: *No drugs, alcohol, or tobacco allowed on premises.*

(Prescription drugs for medical reasons, naturally are exceptions.) Important note: it is important not to keep food in your tent, because it attracts animals. Any special need food can be kept in the kitchen. Valuables: There are no facilities for locking up valuables. Camp assumes no liability for loss or theft.

What kind of food is served?

The meals are nutritious, tasty, yogic vegetarian gourmet. Breakfast, lunch and dinner are served, as well as healthy snacks during the day. Khalsa Ladies Camp employs experienced chefs in the kitchen. This high vibration menu is nourishing and cleansing, and effort is made to accommodate gluten and lactose sensitivity.

I am a healer and would like to offer my services.

The power of the Khalsa Ladies Camp is in the group activities, bonding and gathering as women in spiritual consciousness. For some, healing treatments may enhance one's experience. So we offer the opportunity for some sharing of these modalities on a limited basis. We request that:

- You be sensitive to offering healing appointments only during open times, not during planned activities.
- Fees not exceed \$75 Cdn (This is to encourage shorter sessions.)
- 20% of fees be donated to Khalsa Ladies Camp. Please inform us if you are planning to offer healing sessions.

(The above policy is subject to change. Please check back just before camp to see if any changes to policy have been made.)

Contact Tarn Kaur for more information: tarnkaur@msn.com

I would like to network with other women and sell product.

We encourage you to network with the women of camp. Feel free to bring your own PR material or products to sell in the bazaar. (Inform us beforehand what you are planning to sell. We ask that 20% of all proceeds from sales are donated to Khalsa Ladies Camp.)

Contact Tarn Kaur for more information: tarnkaur@msn.com

Can I bring children?

We welcome female children above 7 years of age to be part of the Young Women's Program. However, there are no formal daycare facilities. There is a planned portion of each day where the young girls engage in the Young Woman's Program.

If the child is under the age of 18 they must be accompanied to Camp by an adult. It is important that you inform us in advance if you plan to bring a child. You can bring younger girls than 7, and it can be a beautiful experience for them. But they are your full responsibility.

What is a typical day at Khalsa Ladies Camp?

(Subject to change)

3:30 am - Wake Up

4:00 am - Morning Sadhana (Yoga, prayer, meditation & Gurdwara Program)

8:00 am - BREAKFAST

9:00 am - Bangra or other movement

10:30 am - Kundalini Yoga Workshop & Theme Teaching of the Day

12:30 - LUNCH

1:30 pm - Afternoon workshop time

3:00 or 3:30 pm - Free Time

6:30 pm - DINNER

7:30 pm - Evening Program

Though you are not required to attend every program, in order to receive the full benefits of the Khalsa Ladies Camp Experience we strongly encourage you to go with the flow of the day's activities. We are creating a group consciousness which is powerful and transformative. You are an important part of that!

Karma Yoga

Everyone who registers for Khalsa Ladies Camp joins a Karma Yoga seva group. Many hands make light work and women bond with one another through working together to create our beautiful camp. Khalsa Ladies Camp is created annually through sharing and community service. Karma Yoga opportunities include: maintaining graceful and clean group spaces, serving the sacred space of Gurdwara, maintaining the cleanliness of the land, grounds and bathroom areas, and serving with your divine presence in our kitchen. This annual camp is created by everyone's radiant presence and we all join together in creating a warm, nurturing, clean and uplifting environment for all to share.

What is Kundalini Yoga?

Kundalini Yoga is an ancient technology of breath, movement, meditation and mantra. It is the yoga of awareness. Kundalini Yoga is suitable for people of all ages and abilities. Based in the chakra system, it is a transformative system that heals the nervous system and glandular system and gives one an experience of their divine Self.

Each class includes:

- * pranayam (breathwork)
- * active kriyas (a set of exercises for a desired outcome)
- * deep relaxation and meditation (often with mantra)
- * Mantra is central to Kundalini Yoga. In each class we listen to sacred music and chant in the ancient language of Gurmukhi.

What's with the Turbans?

Historically, Turbans have been part of many spiritual traditions. There is a science and technology to wearing a turban:

- * Serves to wrap the 26 bones of the skull in place, giving a "cranial adjustment"
- * Protects your crown chakra or Tenth Gate
- * Applies pressure on points on the forehead that keep you calm and relaxed
- * Protects from mental or psychic negativity
- * Changes the pattern of blood flow to the brain so that you stay focused and clear

You can wear a head covering to achieve some of the above effects but not all. Some wear turbans because they are Sikh, others because of the yogic technology stated above. The turban of a Sikh is his or her primary identifying feature. It is a statement of belonging to the Guru, and it is a statement of inner commitment to their higher consciousness.

To learn more about the turban [click here](#).

What is the connection between Sikh Dharma and Kundalini Yoga ?

The ancient knowledge of Kundalini Yoga merged with the more recently created Sikh Dharma about 500 years ago. This path of Kundalini Yoga, as taught by Yogi Bhajan, bows particularly to **Guru Ram Das** the fourth of ten Gurus who helped create **Sikh Dharma** . Guru Ram Das held mastery of the realm of Raj Yoga. Kundalini Yoga is a Raj Yoga, which instills a consciousness of majesty, mastery, and service.

Like any good marriage, each reflects aspects of the other, while having a life of their own. Not all Sikhs practice Kundalini Yoga; and, of course, you don't have to be a Sikh to practice or teach Kundalini Yoga!

What are some Sikh Terms that I may hear at camp?

GURU In the Sikh tradition, this refers to the great Eternal Wisdom which reveals the connection of the soul to the Infinite. Though historically it referred to actual persons, in this Age, a Sikh does not refer to any person as a Guru, but rather acknowledges the Shabd Guru, the Divine Sound Current as Teacher, the Eternal Vibration which breaks through illusion and connects us to our divine Self.

SIRI GURU GRANTH SAHIB This is on the altar in the Gurdwara. It reflects the Living Dynamic Word, the Shabd Guru. Its words create a vibratory frequency which uplifts us into our higher mind, and aligns us with our destiny. The space in which the Guru is installed is a sacred space, to be entered into consciously. We bow to the Siri Guru Granth Sahib, as the Living Word, not to any human.

KHALSA One who sees the purity in all. In the Sikh tradition it refers to one who has fully accepted all aspects of the Sikh lifestyle and is committed to living it. We expand this, though to include any person on a spiritual path who is living their values. We believe that it is the prayers and consciousness of these people all over the world who are making a difference in the consciousness of the planet.

SONG OF THE KHALSA This song speaks of the strength and commitment necessary for living on this planet at this time. Though we are using the history and example of Sikhs, we sing this with the expanded concept of Khalsa in mind. Please join us.

SAT NAM "Truth is my identity." Sat means Truth, Nam means vibrational frequency. So, Sat Nam means I vibrate the Truth.

WAHE GURU The mantra of ecstasy, expressing the realization of the Greatness of the Divine Intelligence.

WAHE GURU JI KA KHALSA, WAHE GURU JI KI FATEH! This means "My purity belongs to God and all victory goes to God!"

What is the Aquarian Age?

There have been many Ages and shift of Ages throughout the History of Humankind. The Aquarian Age is dawning and marks the transition into new ways of being within the evolution of humanity. The vibrational frequency of the planet has been steadily increasing and we are currently on the cusp leaving the Piscean Age behind. The Piscean Age was ruled by machines, hierarchies and ego. The New Aquarian Age will be ruled by awareness, intuition, wisdom (lived knowledge) and experience. The mind is changing its sensitivity, its basic frequency and functioning. Our life is changing its sense of time, space, and reality. To help with these vast changes ahead we are fortunate to have the powerful technology of Kundalini Yoga at our disposal.

5 Sutras for the Aquarian Age by Yogi Bhajan

- ☀ **Recognize that the other person is you**
- ☀ **There is a way through every block**
- ☀ **When the time is on you, start, and the pressure will be off**
- ☀ **Understand through compassion or you will misunderstand the times**
- ☀ **Vibrate the Cosmos, the Cosmos shall clear the path**