

## Preliminary Schedule for the Chinmaya Family Spiritual Camp 2008

| TIME                  | Thursday   | Friday  | Saturday  | Sunday  |
|-----------------------|--|---|---|---|
|                       | 24-Jul   | 25-Jul  | 26-Jul  | 27-Jul  |
| 5:30 - 6:00 AM        | H  | Wake-up and TEA   | Wake-up and TEA   | Wake-up and TEA   |
| 6:00-6.45 AM          | A  | Meditation @ The Chapel   | Meditation @ The Chapel   | Meditation @ The Chapel   |
| 7:00 - 8:00 AM        | R  | <b>Swamiji</b> Talk # 2 - Adults<br>Group 3 to help get<br>Group 1& 2 ready                         | <b>Swamiji</b> Talk # 5 - Adults<br>Group 3 to help get<br>Group 1& 2 ready                         | <b>Swamiji</b> Talk # 8 - Adults<br>Group 3 to help get<br>Group 1& 2 ready                         |
| 8:00 - 9:00AM         | I  | Breakfast   | Breakfast   | Breakfast   |
| 9:00 - 10:00 AM       |  | Quiet walk in<br>the woods for Adults<br>Stretches with Prabhatji for<br>Groups 1-3                 | <b>Swamiji</b> Talk to Group 3<br>Aparnaji - Talk with Adults<br>Prabhatji - Group 2 & 1            | <b>Swamiji</b> Talk to Group 3<br>Aparnaji - Talk with Adults<br>Prabhatji - Group 2 & 1            |
| 10.00 - 10.30 AM      |  | Relax   | Relax   | Relax   |
| 10.30 AM - 12:00 Noon | O  | <b>Swamiji</b> Talk # 3 - Adults<br>Aparnaji - Group 3<br>Prabhatji - Group 2<br>Priyanka - Group 1 | <b>Swamiji</b> Talk # 6 - Adults<br>Aparnaji - Group 3<br>Prabhatji - Group 2<br>Priyanka - Group 1 | <b>Swamiji</b> Talk # 9 - Adults<br>Aparnaji - Group 3<br>Prabhatji - Group 2<br>Priyanka - Group 1 |
| 12:00 - 1:00 PM       | M  | Lunch   | Lunch   | Lunch   |
| 1:00 - 2:00 PM        | ☸  | Preparation for Durga Pooja   | Preparation for Durga Pooja   | Prepare to Depart   |
| 2:00 - 3:00 PM        |  | Arts for All  | Durga Pooja and Visarjan  | ☸   |
| 3:00 - 4:00 PM        |  |   | Rest and prepare for class  | H   |
| 4:00 - 5:00 PM        | Bus Departure from Pinecrest /<br>Train Station  | <b>Swamiji</b> Talk # 4 - Adults<br>Aparnaji - Group 3<br>Prabhatji - Group 2<br>Priyanka - Group 1 | <b>Swamiji</b> Talk # 7 - Adults<br>Aparnaji - Group 3<br>Prabhatji - Group 2<br>Priyanka - Group 1 | A   |
| 5:00 - 6:00 PM        | On the Bus   | Exercise & Group Activity   | Exercise & Group Activity   | R   |
| 6:00 - 7:00 PM        | Arrival / Light Snack / Settle down  | Guided Outdoor Meditation   | Guided Outdoor Meditation   | I   |
|                       |  | Bhajan and Satsang Session  | Bhajan and Satsang Session  |   |
| 7:00 - 8:00 PM        | <b>Swamiji</b> Talk #1 - Adults (Forgive Me)<br>Aparnaji - Group 3<br>Prabhatji - Group 2<br>Parents responsible for Group 1 | <b>Swamiji</b> - Satsang QA<br>Aparnaji - Group 3<br>Prabhatji - Group 2 & 1                        | <b>Swamiji</b> - Satsang QA<br>Aparnaji - Group 3<br>Prabhatji - Group 2 & 1                        |   |
| 8:00 - 9:00 PM        | Dinner   | Dinner  | Dinner  | O   |
| 9:00 - 10:00 PM       | Camp Fire Sing-Along   | Garba   | Bhajans with Aparnaji   | M   |
| 10:00 - 12:00 AM      | Lights Out   | Lights Out  | Lights Out  | ☸   |

|                            |                 |            |
|----------------------------|-----------------|------------|
|                            | Teacher/ Leader | Material   |
| Group 1: Pre-KG to Grade 1 | Priyanka        | Durga devi |
| Group 2: Grade 2 to 6      | Prabhatji       | Festivals  |
| Group 3: Grade 7 to 12     | Aparnaji        | Durga Devi |
| Adults                     | Swamiji         | Forgive Me |