

2007

Dharma Camp Theme

Grace of Parents

Grace of Fellow Beings



Children Dharma Camp 2007 (age 5-10)

June	11 (Mon)	12 (Tue)	13 (Wed)	14 (Thur)	15 (Fri)
9:00	Tai Chi, guided meditation, ten good things that come from meditation, morning prayer song				
10:00	Introduction, orientation 1-minute speech	Snack, green tea	TaeKwonDo with Master Jun Lee	Drawing activity Snack, green tea	TaeKwonDo with Master Jun Lee
10:30	Snack, green tea	Lotus flower making			
11:00	Paper art (Dharma bookmark)			Cooking class	2- minute speech (inner self)
11:30					
12:00	Lunch (bring your own lunch box) except Tuesday				
1:00	Laughing yoga and games	Outdoor game (Treasure hunt)	Laughing yoga Play practice	blindfold activity movement expression	Outdoor activity (go-cart riding)
2:00	Story time and play roles	Wonmani making	Flower art, Leaf painting		
2:30	Lying down rest (stretching, breathing, counting meditation)				Chanting meditation camp reflection
3:00	Chanting meditation, reflection of day				Presentation to parent(s)
3:30	Going home. See you tomorrow!				Bye. See you again!

**This programs are subject to change depending on weather and volunteers' schedule.
Please contact us for more information.**

(Pre) Teen Dharma Camp 2007 (age 10-14)

June	18 (Mon)	19 (Tue)	20 (Wed)	21 (Thur)	22 (Fri)
9:00	Tai Chi, guided meditation, ten good things that come from meditation, morning prayer song				
10:00	Orientation depart to Jordan lake	Snack, green tea	TaeKwonDo with Master Jun Lee	Drawing activity Snack, green tea	Snack, green tea
10:30	Canoe	Lotus flower making		Gratitude card making	Paper art (Dharma bookmark)
11:00	Canoe (sun hat needed)				
11:30	Poetry meditation	Play practice Laughing Yoga	2-minute speech (inner self)	Cooking class	Presentation rehearsal
12:00	Lunch (bring your own lunch box) except Thursday				
1:00	Return from Jordan lake	Outdoor game (Treasure hunt)	Soap making	blindfolded activity, movement expression Play practice	Outdoor activity
2:00	1-minute speech	Wonmani Making	Flower art, Leaf painting		
2:30	Lying down rest (stretching, breathing, counting meditation)				Chanting meditation camp reflection
3:00	Chanting meditation, journaling (reflection of day)				Presentation to parent(s)
3:30	Going home. See you tomorrow!				Bye. See you again!

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Please contact us for more information.**