



33rd Annual KLC

Saturday, August 24 - Tuesday, August 27, 2024

Khalsa Centre, Miracle Valley, Mission, BC, Canada

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 **SATURDAY, AUGUST 24th**.
- * **Access to Camp and to Registration opens at 9:00 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!
- * **Camp begins at 10:30 am with our Opening Circle in the Gurdwara.** This is an essential part of Camp. Please be present for this gathering!

How do I get to Camp? Directions from Vancouver

BY CAR

Khalsa Centre at Miracle Valley 14100 Stave Lake ROAD, Mission BC

(Note: If you follow your GPS for directions it MAY take you to Stave Lake STREET rather than ROAD. So please be careful!)

Takes approximately 1-1/2 to 2 hours, depending where in Vancouver you originate.

Take Hwy 1 East

Continue over Port Mann Bridge, until **Exit 83**

At **Exit 83**, Follow signs for **Fraser Hwy East**

Continue following Fraser Hwy East onto Maclure Road (Maclure turns into McCallum)

Take left onto **Hwy 11**

Follow **Hwy 11** over the Abbotsford/Mission bridge

Take **Hwy 7 East Mission/Agassiz**. Follow the road (which veers to the left, then a right onto **Murray St**)

Take **Agassiz Hwy 7 East**

Pass **Hatzik Lake** – you will see a sign for Cascade Falls

Left at **Sylvester Road** (Husky Gas Station)

Follow **Sylvester** for 11km (This is a long and windy road. You will pass many farms. You will then see a little private lake on the left and then immediately across the road a house with a crane hook mailbox. This is Hartley.)

Left at **Hartley**

(If you reach Cascade Falls this means you have gone a few kilometers too far. Turn around and come back.)

Turn Right onto **Stave Lake Road**

Camp is at the end of the road on the right hand side: **14100 Stave Lake Road.**

ACCOMMODATIONS BEFORE AND AFTER CAMP. The Vancouver 3HO community's Centre (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.

Can I bring my daughter? Young Girl's Program

We are delighted to say that this year, if there is a demand, and enough young girls, we are considering offering a young girls program. This would be for girls 3-8.

Possibly for the 9,10,11 year olds as well. (Sorry, no boys!) Mothers, note that you are

responsible for your daughter outside of the limited scope of the program; program is usually during the workshop times.

You are welcome to bring your daughters 12 years and over, if you think they would benefit from the regular camp programming. Note: If the child is under the age of 18 she 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 will need to register her, and fill out an info form which can be sent to you upon inquiry.

What are the accommodations like?

RESIDENTIAL BUILDINGS. Accommodations are in residential buildings, with full shared bathrooms on each floor. Each room has twin beds (or bunks), armoires, night table, table fan and screens on the windows are some of our camping luxuries! :) Though the beds have mattresses, **YOU WILL NEED TO BRING YOUR OWN BEDDING.**

TENT SITES

There is space for you to put up a tent. Please contact the KLC registrar at klcregistrar@gmail.com if you are planning to put up your own tent.

Where will classes and gatherings be held?

GURDWARA BUILDING

Teaching, sadhana & most gatherings will take place in the beautiful Gurdwara. It includes a beautiful main hall, washroom facilities, foot washing station.

What other amenities are available?

Visit Khalsa Centre website (khalsacentre.ca) to find out about the facilities.

What do I bring?

- **Leisure wear** (Expect hot & cold weather, as well as rain. Nighttime and morning sadhana time can be surprisingly cool. 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 swimming area nearby.)
- **Raingear** (raincoat and/or umbrella)
- **Bedding** (sleeping bag or quilt, pillow, sheets.) Whatever you need to be comfortable & cozy.)
- **Towel**
- **Sheepskin (or yoga mat or blanket) & meditation shawl** for yoga and morning sadhana
- **Toiletries:** toothbrush, toothpaste, shampoo, hairbrush, etc.
- **Plastic water bottle** (no easily breakable glass bottles, please)
- **Flashlight**
- **Sunscreen & INSECT REPELLANT** (lots of mosquitoes in that area that time of year)
- **Plastic ground covering** if you are bringing a Tent

OPTIONAL

- **Small back pack**
- **Alarm clock**—especially if you don't want to miss morning sadhana at 4 am!
- **Small mirror** (no mirror in rooms, but large mirror in bathroom.)

Restricted Substances: *No drugs, alcohol, cannabis, or tobacco allowed on premises. Also, Khalsa Centre is a Nut-Free facility. NO NUTS of any kind are allowed on premises.*

(Prescription drugs for medical reasons, naturally are exceptions.) 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, vegetarian. Breakfast, lunch and dinner are served, as well as healthy snacks during the day. 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 \$100 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.)

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 Camp Registrar for more information: klcregistrar@gmail.com

What is a typical day at Khalsa Ladies Camp? (Subject to change or adjustment)

3:30 am - Wake Up

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

8:00 am - Bangra or other movement

8:15 am - BREAKFAST

10:00 am - Kundalini Yoga Workshop & Theme Teaching of the Day

12:15 - LUNCH

1:30 pm - Afternoon workshop time

3:00 or 3:30 pm - Begins Free Time (including snack)

6:00 pm - DINNER

7:00 pm - Group Evening Meditation

Though not required to attend every offering, to receive the full benefits of the Khalsa Ladies Camp Experience we 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 it!

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, deep relaxation, 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 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
- * meditation (mostly with mantra)
- * Mantra is central to Kundalini Yoga. In each class we listen to sacred music and chant in the original language of the mantra.

What's with the Turbans?

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

- * 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
- * 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.

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, acknowledges particularly Guru Ram Das the fourth of ten Gurus who created 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. Our Khalsa Ladies Camp is inclusive of all, all are welcome within the containment of this structure of integrity, a safe place to transform and heal.

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 NAAM "Truth is my identity." Sat means Truth, Naam means vibrational frequency. So, Sat Naam 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. It is said that 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

- ☀ **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**

Sat Naam! So excited to be gathering together again in KLC!

See you then!