

2024 Heart Chan Family Meditation Summer Camp Program

July 25/Thursday Check in service available at the front office after 1pm

Enjoy family breakfast in your unit at your convenience time!

	July 26/Friday	July 27/Saturday	July 28/Sunday
8-8:30am Meditation	Introduction to Meditation Posture & Breathing	Meditation practice Focus	Meditation practice Q&A
9-9:30am Body practice	Standing Meditation Self-defense	Walking Meditation Self-defense	Ba Duan Jin Qigong Self-defense
10-10:30am Work practice	Family will receive the job assignment and receive the tools at check in		
11am-1:30pm Cooking & Lunch	Dumpling making + Share lunch together	Noodle making + Share lunch together	Campfire cook out Hotdog and smore
Afternoon Break			End of the scheduled activities, free time to explore the local charms such as tubing
3:30-4:30pm Inter-active Meditation	Meditation & Art work	Meditation & Drum Circle	Train ride/Hiking/ Biking or Apple shopping!
5pm – Evening Sports time	Swimming, basketball or other sports	Swimming, basketball or other sports	See you next time!!!

- If your payment included the dinner, it will be available at the picnic table upon delivery around 5:30pm.
- Stone room will be available during the camp for each individual +18years to meditate on their own.
- Children less than 18 years old must be accompanied by a responsible parent at all times on the property, during free time it is ok to use the swimming pool and other sports facilities at your own risk.
- The location for each program will be updated upon arrival depends on the size of the group and the weather condition.