

INFORMATION YOU NEED



What do I bring?

- Leisure wear (Expect hot & cold weather. Nighttime and morning sadhana time can be quite cold.)
- 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.
- Running shoes or other strong shoes
- Swimsuit (if you wish to go swimming)
- 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.)
- 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 glass bottles, please)
- Flashlight
- Sunscreen & Insect Repellent
- Plastic ground covering

Optional

- More formal attire (for the evening prayer/chanting). We will be seated on the floor.
- Small back pack or fanny pack
- Alarm clock
- Small mirror
- Sacred writings / journal
- Camera

Restricted Substances: No drugs, alcohol, or tobacco allowed on premises. (Prescription drugs for medical reasons, naturally are exceptions.)

Valuables: There will be no facilities for locking up valuables. Camp assumes no liability for loss or theft.

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.*

What time do I arrive?

Khalsa Ladies Camp officially begins on **WEDNESDAY, AUGUST 11**. Registration and access to Camp opens at **11:30 am**. Lunch will be ready for you at 1:00 pm up in the dining area. **Camp begins at 2 pm** with our Opening Circle.

Opening Circle

Opening Circle begins at 2:00 pm. This is an essential part of Camp. Please be present for this gathering.

How do I get to Camp?

BY CAR

To get to Halfmoon Bay, take the Sunshine Coast ferry from Horseshoe Bay in West Vancouver to the Langdale terminal. (For ferry details, including getting to Horseshoe Bay Ferry Terminal, see the website: www.bcferries.bc.ca or call 1-888-BCFERRY.

To arrive on time you will need to take the **9:40am** ferry on this day. The crossing takes 40 minutes. The site is 45 minutes drive north of Langdale Ferry terminal. (Remember: This time of year there are long waits for cars on the ferry. Arrive at least 1 hour before scheduled departure, or make a reservation online.)

From the Langdale Ferry Terminal: Head straight up the hill on the bypass road to get to Highway 101 North. Keep going through Gibsons and along the highway past Roberts Creek, Wilson Creek and Davis Bay. Stay on the highway right through Sechelt and continue north for about another 20 minutes. You will pass Half Moon Bay. Continue north until you see the road **STEPHEN'S WAY** on your right. Turn right onto Stephen's Way and proceed 2 kilometres until you see **Camp Raj Yog** on your right.

Plenty of parking available at Camp Raj Yog, in the upper lot. We ask that vehicle use be restricted on the Land as much as possible.

ARRIVING BY AIR

For transport from airport to Vancouver, taxis are at the airport, as well as the **Airporter Bus**.

GETTING FROM VANCOUVER TO HORSESHOE BAY FERRY TERMINAL in West Vancouver check out: http://www.bcferries.com/travel_planning/frequently_asked_questions.html#bus

GETTING FROM THE FERRY TO CAMP RAJ YOG IF NOT DRIVING.

KLC arranges a shuttle to take you from the Langdale ferry terminal to Camp. It will cost you \$10 one-way. You will need to book this with Yoga West by **AUGUST 6th**, otherwise, you cannot be guaranteed this service. You can also book for the return trip to the Langdale Ferry Terminal on Sunday.

RETURNING ON SUNDAY

Plan to take the 5:30 pm ferry, **SUNDAY, AUGUST 15** from Langdale to Horseshoe Bay.

Map of the Land

[Download the map](#) of Camp Raj Yog

What kind of food is served?

The meals are nutritious, tasty, yogic gourmet vegetarian. 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.

What are the accommodations like?

Rustic and humble. There will be some large group dorm-style tents and some new tent hulls ready for you to move into. Or you can bring your own tent. (Make sure it is sturdy and can withstand rain.) Teaching & gatherings take place in the BIG TENT. We have a great shower building with hot water, and shady gazebo tents dispersed around the Land.

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

- 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 klchealingservices@gmail.com

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

We encourage you to network with the women of camp. Feel free to bring your own PR material or products to sell.

(Please inform us beforehand what you are planning to sell. It is suggested that 20% of all proceeds from sales are donated to Khalsa Ladies Camp.)

And regarding product, first have a look at the section Selling Product on this website. Then contact info@yogawest.ca or call Yoga West.

Can I bring children?

We welcome female children above 7 years of age to attend, to be part of the Young Women's Program. However, there are no formal daycare facilities. If the child is under 18 they must be accompanied by an adult. Please inform us in advance if you plan to bring a child. Please read the section Young Children and the KLC Experience on this website.

See <http://www.khalsaladiescamp.com/youngchildren.htm>

What is a typical day at Khalsa Ladies Camp?

(Subject to change)

3:45 am - Wake Up

4:15 am - Morning Sadhana & Gurdwara Program

8:00 am - BREAKFAST

9:00 am - Gatka or Bangra

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

12:30 - LUNCH

1:30 pm - Class time

3:30 pm - Open Time

6:30 pm - DINNER

7:30 pm - Evening Program

What is with the Turbans?

Historically, turbans have been part of many spiritual practices.

There is a science and technology to wearing a turban:

-Serves to wrap the 26 bones of the skull in place

-Protects your crown chakra or tenth gate

-Applies pressure on points on the forehead that keep you calm and relaxed

-Cover the temples, which protects you from mental or psychic negativity of other people

-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. 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.

[Learn more about the turban.](#)

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 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 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!

Please note that you are not required to attend every program. However, 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!

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. 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.

WAHE GURU — This is the mantra of ecstasy, expressing the realization of the Greatness of God and Guru.

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 and it has been predicted that we will be fully in the Aquarian Age by 2012. 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