

11 classes + demonstration + doundounba + dance party + cultural forum + lake front + Guinean meal!

Friday

Arrive between 5pm and 6pm

(Non-island residents: make arrangements for airport/ferry pick up as required)

Dinner 6:30pm

Instructor Demo 7:30pm

Group Class 1 (Community Building) 8:00pm

Free time 9:00pm ~ *bonne nuit*

Saturday

Yoga 7:30 – 8:00am

Breakfast 8:30 – 9:15am (this doesn't mean come to breakfast at 9:15 by the way ;) it means be done eating by 9:15)

Class 2 9:30 – 10:45am

Snack 10:45 – 11:00am

Class 3 11:00am – 12:25pm

Lunch 12:30 – 1:20pm

Class 4 1:30 – 2:45pm

NB: **Lifeguard on Duty** 2:30 – 5:30pm

Break 2:45 – 3:00pm

Class 5 3:00 – 4:30pm

Review Block 4:30 – 5:00 Teachers on hand for you to make notes, record (with instructor's permission), review, digest, and process what you experienced in four fabulous classes!

Free time 5:00 – 6:25pm

Guinean Dinner 6:30pm

Forum 7:30pm

Doundounba & Dance party 8:30pm

Sunday

Yoga 7:30 – 8:00am

Breakfast 8:30 – 9:15am

Class 6 9:30 – 10:45

Snack 10:45 – 11:00

Class 7 11:00 – 12:25

Lunch 12:30 – 1:20

Class 8 1:30 – 2:45

NB: **Lifeguard on Duty** 2:30 – 5:30pm

Break 2:45 – 3:00

Class 9 3:00 – 4:30

Review Block 4:30 – 5:00 Teachers on hand for you to make notes, record (with instructor's permission), review, digest, and process what you experienced in four fabulous classes!

Free time 5:00 – 6:25

Dinner 6:30pm

Evening activity?

Monday

Yoga 7:30 – 8:00am

Breakfast 8:30 – 9:15am

Class 10 9:30 – 10:45

Snack 10:45 – 11:00

Class 11 11:00 – 12:25

Lunch 12:30 – 1:20

Pack up, clean up & depart by 2pm

NB: There will be two options per class ~ a beginner and an advanced. What is offered when will be fluid according to the participants and instructors. Workshops will start and stop on time.

Suggested Packing List:

- Own bedding & pillow. *It is rustic – think Summer Camp! Nights tend to cool off at this time of year*
- Snacks (*activity = hunger. There's a fruit bowl out throughout the day, but please bring own snacks & favourite bevies*)
- Bathers
- Camera
- Notebook and/or recorder* *Please seek individual instructor's permission to video or audio record*
- Sunscreen
- Hat
- flashlight
- Towel & facecloth
- Weather-appropriate clothing (*some workshops may be held outdoors??*)
i.e. long pants, shorts, sweater, rain gear
- dance clothes
- sandals
- water socks
- closed-toe shoes
- sense of humour : o)
- Instruments: *if you have them/can bring them (djembe, douns, balafon, gongoma, shakers: even if there is not a "class" for it, there will be lots of jam time!) (if flying, we understand this may not be possible).*
*We will have extra drums (djembes and douns) and a *few* balafons.*
Please confirm if you need access to these during the Camp.

MoonDance Stainless steel water bottles are available for \$20

MoonDance t-shirts are included for all participants!

Children, spouses, etc are welcome, but please make arrangements for child care during your workshops.

There is a \$7.50 day-use fee payable to Camp Pringle. They are welcome to join us for meals at an additional fee. **Please complete a non-participant form.**

BC Ferries schedule, routes, and rates are online at:

<http://www.bcferrries.com/>

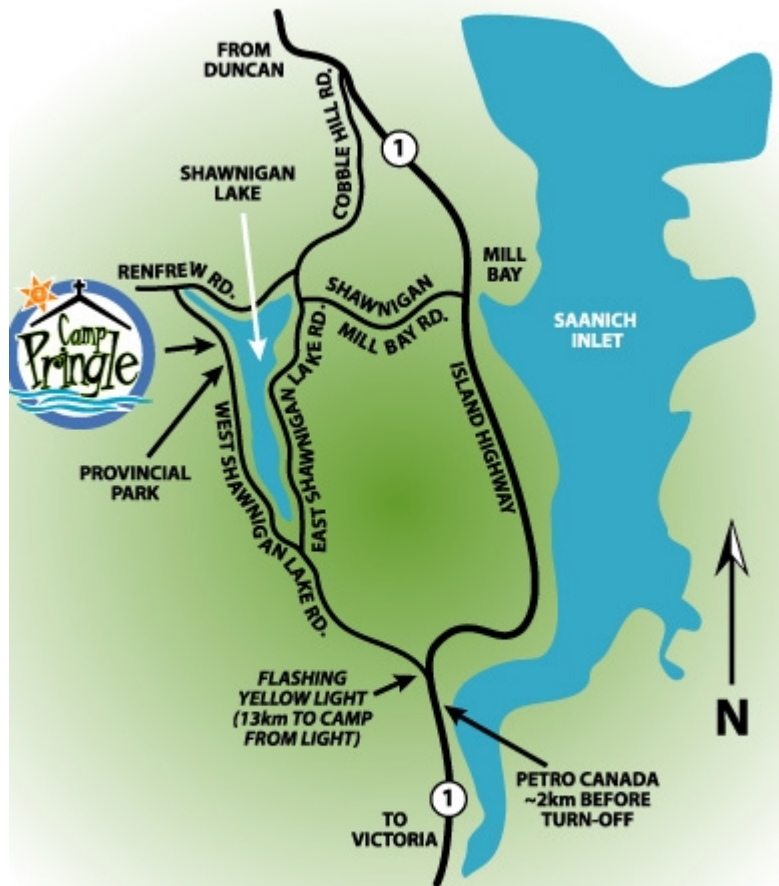
You can come in to Nanaimo or Victoria. Both are approximately the same time to Shawnigan Lake.

Directions:

Camp Pringle is located on the west side of Shawnigan lake, next to the Shawnigan Lake Provincial Park. It's approximately 45 minutes from Victoria and 25 minutes from Duncan. From Victoria, the turn off to Shawnigan Lake is just 2 km past the Petro Canada gas station on the Trans Canada Highway. After turning off the Trans Canada, continue 6 km until you see the sign telling you to take the left road. From there, Camp Pringle is just 7 km more. For further directions please call the camp at (250) 743-2189.

There will be a map on the website soon. We had the google map imbeded last year, but some people got lost, so I took it off and am looking for a better one :)

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<http://www.theweathernetwork.com/schools/CABCPOI2151234>

for Shawnigan Lake School (very near Camp Pringle) (The Weather Network does a long-range forecast; or use a google search)