

Sep 1-4, 2023, Fri-Mon: Labor day weekend !!
Special Family Camp for CM-Sac Bala Vihar
Krishnalaya, Piercy, CA



Camp Details
As Of 08/28/2023



On-Site
Cottages in the
woodland

Swimming in the
Eel Ganga River

Hiking in the
Humboldt Redwoods



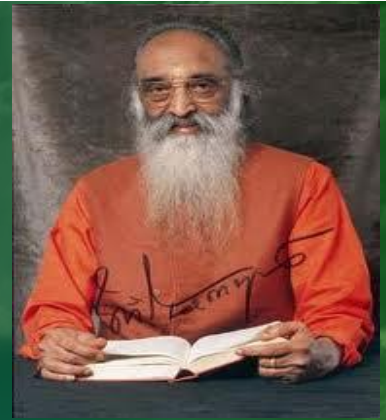
Fri Sep 1st – Mon Sep 4th 2023

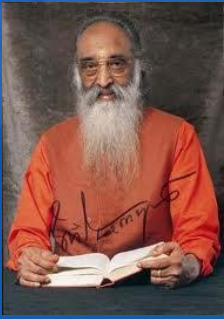
Nurturing the Roots of Self Growth

Insights from Bhagavad Gita Chapter 15

Camp Theme for Children: Saints & Sages

Br. Soham Chaitanya, CMSJ
Krishnalaya, Piercy CA





A True Retreat Location!

Krishnalaya is located in the Redwood forest area with plenty of nature and tranquility

- It is here, Pujya Gurudev stayed over 3 months in 1991 and gave his lectures on all the 18 chapters of **Bhagavad-Gita**.
- His abode is still preserved in the same way as he left behind. **Chinmaya Darshan** – a museum in his memory is a recent addition
- The residential cottages are located in a peaceful atmosphere



3



Gurudev's
own abode



Chinmaya
Darshan



Cottages in the
woodland

Pujya Gurudev named the Eel river
that flows around Krishnalaya as Eel
Ganga!

Eel Ganga River!

- Sacred Ganga is known as the 'river of knowledge'. So too here in the presence of **Eel Ganga** many camps and retreats have been held
- In 1980, the 2 year **Sandeepany Course** was conducted
- In 2010, one year **Vedanta Course** was conducted
- From 1994 – 2016, Pujya Guruji **Swami Tejomayananda** conducted Spiritual camps every summer
- Swami Swaroopanandaji camps in 2017 – 2019, 2022, 2023
- **Chinmaya Mission San Jose** has been conducting Thanksgiving Family camps and Summer Youth camps every year for nearly 2 decades!



The Presiding Deity!

Krishna is the presiding deity here to bless everyone



The Krishna Mandir located within the building complex is ideal for prayers and Bhajans, while Lord Krishna's presence in the garden is for solitude and contemplation



This is the second Family Camp being organized by
CM-Sacramento, at Krishnalaya Retreat !!

About 50 Sac BV members incl children have gone on prior adult and
family camps, 2013 to now, and have found the few days to be
thoroughly enjoyable.

Family Camp

- Families are expected to arrive on Friday, Sep 1st anytime after 4pm.
- Family Camp will begin on Sat Sep 2, early morning, session 1
- There will be daily morning meditation sessions and satsangs
- Middle of day, time for rest, fun activities for children, dipping in Eel ganga River, drive to Redwood forest
- Evening After Dinner, Q&A sessions, Cultural programs
- The concluding day, final session, will be Mon Sep 4th morning, drive out after breakfast, 9:30am

Krishnalaya Retreat Rules/Guidelines

- Transport will be individual family managed. Carpooling encouraged.
- Shared accommodation only (family/couples stay together). Solo attendees will be paired up for accommodation. Linens will be provided. Bring your own bath towels. Secure your belongings properly.
- Vegetarian food will be provided for all, during all the meals. Avoid bringing food from outside. Smoking, alcohol consumption and non-vegetarian food are not allowed in the retreat.
- No pets are allowed at the retreat.
- Weather will be warm and dry (highs 68-71, winds 10mph), Evenings/nights will be cool (51-52). Bring your clothes accordingly.
- WiFi and Cell phone coverage is spotty, not reliable.

2023 Sac-BV Labor Day Family Camp Schedule (as of 08/28)

Fri Sep 1, 2023

4:00-5:30 P.M.	Arrival
6:30-7:15 P.M.	Aarati and Bhajans
7:15 – 8:30 P.M.	Dinner
8:30 P.M.	Welcome Address, Camp Instructions

Sat & Sun (Sep 2 & 3)


	Adults	Children
6:50 – 7:30 A.M.	Meditation	
7:40 – 8:25 A.M.	Yoga (Adults & Teens)	
8:30 – 9:15 A.M.	Breakfast	Breakfast (Starts 8:00 A.M.)
9:30 - 10:45 AM	Class 1	BV Class 1
10:45 – 11:30 A.M.	Group Discussion	Yoga
11:30AM – 12:30 PM	Break	
12:30 - 1:45 P.M.	Lunch & cleanup	
1:45 – 2:30 PM	Walk with Swamiji (Optional)	
2:00 – 4:15 PM	Rest, Outdoor Activities, Freshen Up	
4:15 – 4:45 P.M.	Milk, Tea and Snacks	
5:00 – 6:00 P.M.	Class 2	BV Class 2
6:00 – 6:45 P.M.	Outside Altar - Bhajans & Aarati	
6:45 – 7:15 P.M.	Break	
7:15 – 8:30 P.M.	Dinner & Clean up	
8:00 – 8:30 P.M.	Games (Kids Only)	
8:30 – 9:30 P.M.	Informal Q&A w/ Swamiji, Cultural Programs	



Mon (Sep 4)

7:00 – 8:00 A.M.	Class 5
8:00 – 8:25 A.M.	Pujya Gurudev Paduka Puja
8:30 – 9:00 A.M.	Camp Closing
9:00 – 10:00 A.M.	Breakfast and Depart

Camp Registration Fees

		Solo Attendees	Family of 2	Family of 3	Family of 4
Camp Fee		\$300	\$500	\$650	\$750

- CM-Sac Web Form Registration to be available by Sun 08/13 eod
- Will be posted on CM-Sac Website, Facebook, and Pravaaha
- Registration, first come first served, Camp Capacity 100, overflow motels avail, 30min one-way driving
- Each addl family member beyond 4, \$100/member.
Family defined as having one residential address, no combining of families into one registration.
- Priority given to Sac BV / CM Sac Families. Priority for Families vs Solo members.



THANK YOU!

Website

<https://Krishnalaya.org>

Registration

<https://chinmaya-sacramento.org/>