

INFORMATION YOU NEED

What do I bring?

- **Leisure wear** (Expect hot & cold weather. Nighttime and morning sadhana time can be quite cool.)
- **Loose fitting clothing** (for yoga & other physical activities)
- **Head covering** (turban, hat—preferably natural fibre). A head covering is required in the Gurdwara.
- **Running shoes or other strong shoes**
- **Swimming trunks** (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 and warm! It gets cold at night.)
- **Towel**
- **Plate, bowl, cup, cutlery in a mesh bag for hanging** (we will be washing 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

- **Small backpack or fanny pack**
- **Alarm clock**

- **Camera**

Restricted Substances: No drugs, alcohol, or tobacco allowed on premises. (Prescription drugs for medical reasons, naturally are exceptions.) 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. Valuables: There will be no facilities for locking up valuables. Camp assumes no liability for loss or theft.

What time do I arrive?

Khalsa Mens Camp officially begins on WEDNESDAY, AUGUST 6. 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:

1. To arrive on time take the 9:40am Langdale Ferry to the Sunshine Coast from Horseshoe Bay in West Vancouver (Take into account summer ferry traffic! Arrive at terminal at least 1 hour before scheduled departure or make reservations online)

(For ferry details, including getting to Horseshoe Bay Ferry Terminal, see the website: www.bcferrys.bc.ca, or call 1-888-BCFERRY.)

2. From the Langdale Ferry Terminal:

- a. 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.

- b. Pass Half Moon Bay. Continue north past a green sign for Pender Harbor, etc., then you will see the road **STEPHANS WAY** on your **right**. Turn right onto Stephans Way and proceed 2 km until see you Camp Raj Yog on your right.

(Plenty of parking available at Camp Raj Yog. 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 [click here](#)

GETTING FROM LANGDALE TERMINAL TO KMC: KMC has arranged 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 4**, 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 10** from Langdale to Horseshoe Bay.

ACCOMODATIONS before and after camp: The Vancouver 3HO community's Centre (Raj Yog Nivas / Yoga West) is located in the neighbourhood called Kitsilano. To find affordable accommodations in this neighborhood [click here](#) .

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. This high vibration menu is nourishing and cleansing.

What are the accomodations like?

Rustic and humble. There will be large tents ready for you to move into. Or you can bring your own tent. Teaching & gatherings take place in the

BIG TENT. We have a great shower building, and shady gazebo tents dispersed around the Land.

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 primary identifying feature. It is a statement of belonging to the Guru, and it is a statement of inner commitment.

To learn more about the turban [click here](#).

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!

Can I bring children?

Yes. Children under 16 must be accompanied by a guardian. Please contact Yoga West 604-732-9642 for further details.

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 on 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, it's 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.

5 Sutras for the Aquarian Age

- 1. Recognize that the other person is you**
- 2. There is a way through every block**
- 3. When the time is on you, start, and the pressure will be off**
- 4. Understand through compassion or you will misunderstand the times**
- 5. Vibrate the Cosmos, the Cosmos shall clear the path**