

**Hanthawaddy Camp Sept. 14th –16th
At Smoke Rise Ranch**

6751 Huntingdon Rd,
Glouster, Ohio 45732
1-800-292-1732

**REGISTRATION for camping or cabins is made separately with Smoke Rise Ranch.
(Grouping of cabins can be done on Friday Sept.14th to save money)**

REGISTRATION: Bando members paid in full

Pre-registration – \$75.00 (*received before September 9*)

Registration – \$90.00 (*received after September 9*)

REGISTRATION: Non Bando members

Pre-registration – \$90.00 (*received before September 9*)

Registration – \$105.00 (*received after September 9*)

**Any payments after September 9th are to be made at camp registration Sept 14th at
12:00 or whenever you arrive at camp**

**TRAINING TIMES: REGISTRATION 12:00 pm Friday Sept. 14
Closing 2:00 Sunday Sept. 16**

ITEMS TO BRING:

1. Bed roll, pillow, blankets, & ground cloth;
2. Bath towels, wash cloths, & toiletries;
3. Insect repellent; swim suit
4. Lantern/flashlight/candles/matches;
5. First Aid Kit (for cuts & bruises);
6. Black clothing (3 each: pants, shorts, T-shirts, etc.);
8. Healthy snack foods (e.g., trail mix); & something to drink
9. Notebook or notepad. and pen
10. Yoga mats, Meditation beads, and any other personal items of this nature.

ITEMS PROVIDED:

1. 4" and 6" Dhanda
2. Walking & training staff;
3. Longi or rope
4. Bathroom and showers
5. Light Vegetarian dinner Friday and Saturday evenings. Light breakfast Saturday and Sunday morning.
6. Handouts
7. **Club house: We will have exclusive use of the clubhouse which includes dining facility, pool, 30' x 20' tent, campfire, indoor training facility if the weather is inclement.**

**.Make checks payable to: David Martin
212 North 12th. Street
Oakland, Maryland 21550**

For more information :

<http://deepcreekyoga.com/hanthawaddycamp.html>

If questions please call: 240-321-8890

Hanthawaddy Yoga Seminar

Schedule

Friday, September 14th

- 12:00 pm** **Registration**
- 2:00 pm** **Opening; greetings; objectives; agenda**
- 2:30 pm** **Explanation of the Khogan system using 4' and 6' Dhanda to set zones in some of the standing Hanthawaddy postures; .explanation of how to breathe through postures**
- 5:00 pm** **Light vegetarian meal**
- 6:30 pm** **Seated Longi; seated Hanthawaddy; core breath work and Min Zin meditation**
- 9:00 pm** **Retire for the evening.**

Saturday, September 15th

- 8:00 am** **Short Dhanda meditation walk or spirit of communion form**
- 8:30 am** **Light Breakfast**
- 9:00 am** **Seated longi and Dhanda transitioning into seated Hanthawaddy**
- 11:30 am** **Discussion and review**
- 12:00 am** **Break; snacks**
- 1:00 pm** **Partner stretches; more Hanthawaddy postures**
- 3:30 pm** **Putting the learned Hanthawaddy postures into the Hanthawaddy series**
- 4:30 pm** **Spirit of communion form**
- 5:30 pm** **Light vegetarian meal**
- 7:00 pm** **Letha yoga and/or Min Zin meditation**
- 9:00 pm** **Retire for the evening.**

Sunday, September 16th

- 7:15 am** **Light Breakfast**
- 8:00 am** **Short Dhanda meditation walk or spirit of communion form**
- 8:30 am** **Hanthawaddy series**
- 9:30 am** **Review; posture variations**
- 12:00 pm** **Summary and question answering**
- 1;00 pm** **Closing of camp (participants are requested to assist with cleaning and breakdown of camp setup)**

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REGISTRATION Form for Camp (Please Print)

First Name: _____ Last Name: _____

Street address: _____

City: _____ State: _____ Zip: _____

Gender: _____ Age: _____ Phone # _____

Any participants you prefer to cabin with? _____

Emergency contact: _____

Make checks payable to: David Martin
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Oakland, Maryland 21550

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