



## 43rd Annual Community Yoga Retreat Family, Kids and Youth Programs Information

### **Welcome to the Family, Kids and Youth Programs!**

Below are some details to know before arriving at the Retreat. We look forward to meeting you or seeing you again.

### **Where is it?**

The Family, Kids and Youth Programs are based out of the school.

### **What is the difference between the three programs?**

Our Family Program is for parents/caregivers with children under 3 to participate in together. **YOU MAY NOT LEAVE YOUR CHILD UNDER 3 UNSUPERVISED AT ANY TIME.** We cannot provide childcare for children under 3. Our Family Program will offer: playtime, discussions on yoga and parenting, family asana classes and exploration of the Salt Spring Centre property. **Discussion groups are open to anyone at the retreat and are child friendly.** The Family Program will have tea, a diaper station, and infant toddler toys/books; additionally there is a quiet room for infant feeding and naps. You may use the Family Program fridge for infant food storage only. We intend for the Family Program to be complementary to the retreat program, allowing families to get many of the benefits of the full retreat. This is a good opportunity to connect with other families to support each other. Children in the Family Program may also participate in the Kids Program with their parent/caregiver.

Our Kids Program is a drop-off program for kids ages 3 to 7. **PRESCHOOLERS MUST BE TOILET TRAINED TO BE IN THE PROGRAM.** Our Kids Program will offer: arts, crafts, and games; garden, forest and property exploration; and family asana classes.

Our Youth Program is for kids ages 8-15. In this program we will support the kids in brainstorming and building their own program. Kids in this program will have the opportunity to express themselves through artwork, playing games, building forts, playing on slacklines, participating in Family Asana, and learning about Yoga. This is a create-your-own-experience program -- bring your ideas and creativity! Kids in this program may also participate in the Kids Program if they prefer the activities offered there.

### **What to bring:**

Please make sure your child arrives at each Kids Program session with the following: hat, sunscreen, water bottle, jackets if it gets cooler, change of clothes and anything else your child may need. Please label all of your child's belongings. **Please dress your children in art clothes, or things you don't mind getting painted or stained!**



### **What if my child is under 3?**

We require children to be at least 3 years old and toilet trained to attend the Kids Program on their own. Our Family Program is available for children 3 and under to participate in with their parent/caregiver.

### **What if my kids aren't in the program?**

When children are not in the Kids or Youth Programs, they are the responsibility of parents. Please make sure you know where your children are at all times.

### **There are certain areas that are off-limits to kids.**

These areas are: the garden, greenhouse, work areas, quiet class areas, the pond area (unless accompanied by an adult). Kids are welcome to join everyone for satsang, evening kirtan, arati, etc. If young children find it difficult to sit quietly during such times, please accompany them outside.

### **Checking in and out:**

Parents can take kids with them at any time, but please **sign in at the school** and **sign out at the mound (beside main house)** with the Kids or Youth Program Coordinators. This is important and necessary for the safety and security of all children. **Checking kids IN and OUT is a requirement of participating in the kids program, those not adhering to these requirements will be asked to leave the kids Program.**

### **Meals and Snacks:**

Breakfast will be available for kids at the school from 7:15 - 8:30 am. **Please note:** We have children coming with severe nut allergies, **the Kids Program space will be a nut-free zone!**

### **Sunday Afternoon:**

Sunday afternoon is Hanuman Olympics, an event for everyone, no Kids Program that afternoon.

### **Health Issues:**

It is important for the program staff to know about any allergies, medication(s) or other health issues your kids might have and medical treatment in the unlikely event that your child is injured or becomes ill. **Please ensure the Care Form has been filled out**, and leave it at Reception when you check in.

*Let love develop inside your heart.  
The purer the heart becomes, the more love will come out,  
and one day you and love will become one.*



*~ Baba Hari Dass*