



**Camp Wilani at Havenroot**  
**24487 Bolton Hill Road**  
**Veneta, OR 97487**

**From Interstate 5:**  
Take the Randy Pape Belt Line West  
(OR 569 West)  
Go 9.9 Miles

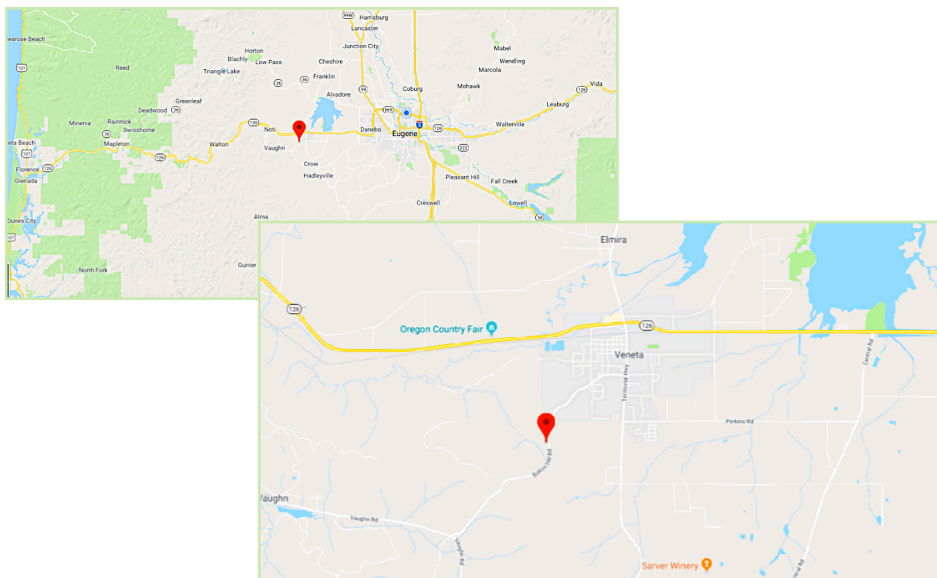
When it ends turn **RIGHT** on OR 126 West/  
West 11th Avenue.  
Go 9.2 Miles

Turn **LEFT** on Territorial Highway  
Go 0.6 Miles

Turn **RIGHT** on Bolton Hill Road  
Go 1.4 Miles

You will see a large white mailbox on the  
right - slow down! Turn right just after the  
mailbox.

Please go very slowly and follow signs to  
parking. Speed Limit: 15 MPH



**Schedule (Class offerings subject to change at instructor's discretion)**

**Friday**

3:00 PM - 4:00 PM - Check in, make massage appointments with therapists  
4:00 PM: Welcome and Safety Talk  
4:45 PM - 5:45 PM: Yoga Offering (TBD)  
6:00 PM: Dinner  
7:30 PM: Cleansing Camp Fire (gratitude and release practice with a fire)  
8:30 - 9:30: Yoga Nidra

**Saturday**

6:15 AM - 7:30 AM: Gentle Yoga and Meditation  
6:30 AM - 7:45 AM: Morning Vinyasa  
8:00 AM: Breakfast  
9:30 AM: Canoeing, Walking Camp Tours, Pool open if weather allows  
11:00 AM - 12:15 PM: Hatha Yoga (Possibly two concurrent offerings if attendance is large)  
12:30 PM: Lunch  
2:00 PM: Canoeing, low ropes facilitation offering, pool open if weather allows  
3:30 PM- 5:00 PM: Partner/beginner acro yoga  
3:30 PM- 5:00 PM: Gentle Hatha  
6:00 PM: Dinner  
7:30 PM: Ecstatic Dance Party at Dining Hall  
8:45 PM - 9:30 PM: Yoga Nidra

**Sunday**

6:15 AM - 7:30 AM: Gentle Yoga and Meditation  
6:30 AM - 7:45 AM: Morning Vinyasa  
8:00 AM: Breakfast  
9:30 AM: Canoeing, Walking Meditation  
10:30 AM - 12:00 PM: Yoga Offering (TBD)  
12:30 PM: Lunch  
1:30 PM: Gratitude Circle  
2:00 PM: Vacate Facility

### **Dates**

Friday, September 20th through Sunday, September 22nd, 2019

### **Lodging**

Dorm-style cabins separated by gender, sleep 8-10, bunk beds with new, comfortable mattresses. All cabins have lights and electricity. Participants will need to bring a sleeping bag and pillow, extra blanket if they tend to be cooler at night. Participants will be able to make room-sharing requests on the registration form.

### **Bathrooms**

Hot shower/flush toilet bathroom facilities available (no bathrooms in sleeping cabins)

### **Meals**

Friday - Dinner

Saturday - Breakfast, Lunch, Dinner

Sunday - Breakfast, Lunch

All meals will be healthy and plentiful with gluten free, vegetarian, and vegan options served buffet style. Hot tea and coffee station in Dining Hall. All personal food must be stored in the dining hall, no food is allowed in cabins due to animals.

### **Amenities**

All Inclusive: Lodging, meals, all well-being sessions, boating, swimming, etc. are included. Only optional massage is an extra fee determined by the practitioner.