

Camp Khalsa 2019

Adult Schedule

July 3-7 | YMCA Camp Ohiyesa | Holly MI

7300 Hickory Ridge Rd, Holly, MI 48442

Wednesday, July 3rd

4:00PM-7:00PM	Registration & tour of campsite
7:00PM-8:00PM	Dinner
8:00PM-8:45PM	Parent Orientation
8:45PM-9:40PM	Naam Simran/Meditation
9:40 PM-9:50PM	Sohila

Thursday, July 4th

7:30AM-8:30AM	Breakfast
8:30AM-8:45AM	Stretch outside
8:45AM-10:15AM	Morning Diwaan
10:30AM-12:30PM	CLASS 1: Sikh: A Student for Life Amandeep Singh
12:30PM-2:30PM	Lunch/rest
2:30PM-4:00PM	YMCA led recreational activities
4:00PM-4:30PM	Freshen up/shower
4:30PM - 6:30PM	CLASS 2 Living above tres gun maya Bhai Manohar Singh
6:30PM-7:30PM	Dinner
7:30PM-8:45PM	Evening Diwaan
8:45 PM-10:00 PM	July 4th fireworks show
10:00PM	relaxation exercises

Friday, July 5th

7:30AM-8:30AM	Breakfast
8:30AM-8:45AM	Stretch outside
8:45AM-10:15AM	Morning Diwaan
10:30AM-12:30PM	CLASS 3 Different forms of yoga and exercises Rajwant Kaur
12:30PM-2:30PM	Lunch/rest
2:30PM-4:00PM	YMCA led recreational activities
4:00PM-4:30PM	Freshen up fo class
4:30PM - 6:30PM	CLASS 4 Tools for Successful Relationships (parents, kids and spouse) Dr Heminder Singh, Rani Chehl
6:30PM-7:30PM	Dinner
7:30PM-8:45PM	Evening Diwaan
8:45PM-9:30PM	Open discussion

Saturday, July 6th

7:30AM-8:30AM	Breakfast
8:30AM-8:45AM	Stretch outside
8:45AM-10:15AM	Morning Diwaan
10:30AM-12:30PM	CLASS 5 How to achieve Mun Jeete Jug Jeet Ramanpreet Singh (California)
12:30PM-2:30PM	Lunch/Rest
2:30PM-4:00PM	CLASS 6 Antargat - How to achieve? Ramanpreet Singh (California)
4:00PM-4:30PM	Break
4:30PM-6:30PM	Art Therapy
6:30PM-7:30PM	Dinner
7:30PM-8:45PM	Evening Diwaan
8:45 PM-10:00 PM	Attend kids skit night

Sunday, July 7th

7:30AM-8:30AM	Breakfast
8:30AM-8:45AM	Stretch outside
8:45AM-9:30AM	Pack and Clean
9:30AM-10:00AM	Group Pictures
10:00AM-11:30AM	Final diwaan
11:30AM- 12:30PM	Gatka Presentation
12:45PM-1:45PM	Lunch
End of Camp Khalsa 2019!	
Safe travels	