

Hindu Temple of Central Indiana

2009 Hindu Heritage Family Camp

August 21-23rd 2009

Theme: Ashtanga Yoga

The theme for this year's Hindu Heritage Family Camp (2009) was Ashtanga Yoga. It was held at Versailles State Park (Versailles, IN) from August 21st to 23rd. The camp was attended by 120 people (including 60 youth and children). The camp began on Friday evening, from which the participants were welcomed, registered and given cabin assignments. Cabin names this year were specific Ashtanga Yoga names. The first night concluded with some ice breaker games, program, and pizza.

On Saturday, the day began at 7 am with a yoga session, games, welcoming of teachers and guests and introducing them to the theme of the camp. An important highlight of the camp was recognizing the 10 year anniversary of the Hindu Heritage Family Camp. All campers and teachers who have dedicated the last 10 years of regularly attending these camps were recognized by the HTCI President and Chairman. These remarkable individuals were honored with certificates and plaques. The day also included youth panel discussions and discussion related to health awareness. The night concluded with a very enjoyable cultural program by the Parents, Youth and Children. Lastly, activities for Sunday included Yoga in the morning and a Saraswati Puja before lunch.

For the camp, we invited three respected teachers/guests: Sri Srinandan Das (Stephen Knapp), the chairman of the ISKCON Temple of Detroit, Sanjay Mehta (Religion, Culture, and Youth program coordinator of the Hindu Jain Temple in Pittsburgh PA), and Kinjal Nana (21-year old college student actively involved in camps across the US). Overall, the camp was a true success and served as a united, enjoyable learning event for all.

This year, we have also put together a camp book which has a compilation of all the themes for the past 10 years (each camp's theme information). Along with the theme, important notes regarding the material learned is also noted. This 10 year book is available in the Mandir.