

Dear kalyanamitras (friends on the spiritual path),
Dear leaders of the AHYMSIN affiliated Centers,
Dear sisters and brothers,

Those who joined in August 2023, might still remember the joy of those days of early morning practice, family beach-time, shared meals, meditation and play. A group of us are already organizing the 2nd AHYMSIN Family Summer Camp - a gathering of yoga-minded families in a climate of sun, beach and playfulness in Greece.

When: August 1–8, 2024

Where: Same place as last year: SCOUT CENTER AGIOS ANDREAS, 27 Poseidonos Avenue, Nea Makri, New Makri, Municipality of Marathon, Attica, Greece

Intention: To create a space in Europe where we can all meet and where families are welcomed. We are connected to the SRSG Ashram, where where the air we breathe is full of the subtle bodies of our Teachers, Swami Rama and Swami Veda Bharati. We will live a week together in a scout center, living in small houses or tents, practicing yoga for all ages in a forested area of 40.000 square meters, going swimming, and having a space for discussions about family and spirituality, creativity, and handcrafts workshops. We are also planning a one-day sightseeing visit. Three vegetarian/Mediterranean meals a day are catered so that families can use their time for maximum play and be together.

Information about the Camp facilities

The camp will take place in a scouts' forested center. It is located approximately 30 minutes from the Athens airport. The rooms and conditions are simple. Participants can choose between sleeping in bedrooms or tents. There are 2 and 3-bed non-smoking bedrooms with bathrooms, hot water, and A/C for 100 people. There is space for 90 people

who prefer to bring their own tents (no camping cars are allowed). Also, one can use rented tents for 8 people. Participants in tents have also access to toilets and hot water showers, as well as two open-air kitchenettes and dining areas. The camp has several shady areas for yoga and other activities. The scout camp has peripheral security with cameras, and the entrance doors close at night. Pets are not allowed in the camp.

Sightseeing

The camp includes a one-day visit to the Vavrona temple, museum and family time at Avlaki beach.

Beach and swimming

There is a beach 5 minutes walking from the camp, which is sandy and clean, to use every day.

What to bring

- Bed sheets or/and sleeping bag
- Pillow case(s)
- Towel(s)
- Toiletries (ex. soap, body and hair shampoo, etc).
- Yoga mat and meditation cushion (for those who travel from abroad there will be yoga mats available). Also very important, bring a protective towel to place under your yoga mat to protect it from dust and stones.
- Bathing suit, sea towel, hat, sun protection cream
- Flashlight(s)
- Mosquito repellent
- Reusable water bottles
- Ideas for non-competitive games that you think kids would be interested in.

Food

Mr. Stathis, the Kitchen Chef and the responsible of the Scout camp, will prepare 3 vegetarian/Mediterranean meals per day and will provide lunch boxes for the outing day.

There are water coolers of filtered water around the camp.

There are 4 supermarkets around the camp and a bakery shop in 15 min walk, if you need to buy some supplies.

In addition, we offer:

- Daily yoga classes for all ages given by an international team of Himalayan Yoga teachers
- Story time and Art and Craft activities.
- Activities for teens
- Games and beach time fun (our camp is only a 5 minutes' walk from the beach)
- Parents' meetings and talks
- Sightseeing tour

All these program activities are lovingly offered to participants by teachers or sadhakas of the HYT. If you feel like it, you can leave a donation (dakshina) which would be greatly appreciated as a love offering.

Prices per participant: To reserve you accommodation and meals please pay at least 50% with your registration (if you can 100%). We will send each family an email with the sum to be paid before 31st March (to benefit from early bird prices).

Who	Where	Early bird	Final price	Conditions
Babies (0-2 y.o)		free	free	They sleep in parents' bed (or own travel bed and parents take care of their meals)
Children (2-15 y.o)	Own tents and meals	190€	235€	
	Bed in shared room and meals	290€	360€	
Adults (16+)	Own tents and meals	220€	275€	
	Bed in shared room and meals	350€	435€	
	Rented tents (for 8 people and meals)	Children 244€ Adults 295€	Children 325€ Adults 390€	Need to take their own sleeping bags and own sleeping mats

NB: All prices include accommodation, three meals per day, as well as a 20€ administration fee, which is not refundable, for one person for seven nights. Early Bird prices are valid if registration and payment is completed by 31st of March 2024.

Extra costs not included in the table:

Organization should know and payment needs to be done in advance if you wish to rent:

- 2 bed sheets + 1 pillow case = 8 €
- 1 sleeping bag = 10 € FOR 7 NIGHTS
- Cleaning the room costs 10€/per room/per service, only available if 10 rooms request this service.
- Yoga mats are available at the camp for a caution of 20€.

The outing day costs are excluded because it depends on your passport:

- For Europeans under 25 years old: Free entrance at the Vravra temple of Goddess Artemis and the museum.
- For Europeans between 25-64 years old: 6€

- For Europeans 65+ years old: 3€.
- For all non-Europeans: 6€

Entrance for Avlaki beach with access to sunbeds, sun shade umbrellas, as well as the use of changing rooms, showers and toilets:

- 0-5 years old - Free
- 6-12 years old - 3€
- 13+ years old - 5€

We will have 50-person bus(es) for the whole day, for all visits, for 12€/person over 2 years old. This shall be paid together with your registration payment.

Payment information:

If you'd like us to book your family a spot, please **transfer at least 50% of the fee before the 31st of March 2024** to the following bank details:

CAFÉ ECOLE- HIMALAYAN YOGA

Himalayan Yoga Meditation of Hellas

Address: 12, Thessalonikis Str. Chalandri 15234, Athens, Greece

NATIONAL BANK OF GREECE

IBAN GR 720110 69200 000 69200 177 280

BIC/SWIFT Code: ETHNGRAA

The remaining payment will be done by cash during the registration at your arrival.

Please note:

- Parents are responsible for their children's safety at all times except when they are in a group with a teacher.
- All members should arrange on their own premises health/accident insurance.
- The use of alcohol or recreational drugs are not permitted.

- English will be the common language for communication, it is possible to plan for translations.
- The beautiful place we will be staying was created and is sustained by volunteer scouts, so all participants in the camp are kindly invited to offer their selfless service to keep the place clean, functional and tidy as it was found at arrival.
- All program activities are lovingly offered to participants by teachers of the HYT. If you feel like it, you can leave a donation (dakshina) which would be greatly appreciated as a love offering.
- We will refund your registration completely if you cancel it before the 15th of May and it can be replaced by another person/family.
- All information collected will be used only for the purpose of facilitating your stay in the camp.

To **register please fill up the registration form before the 31st March 2024**: <https://forms.gle/KKudyv2zzHz3sCqG8>

We will send each family an email with the value to be paid at registration.

Official Website: https://himalayanyoga.gr/en/summer_camp.php

If you have questions:

Sofia +30 6937122768 (Whatsapp) and info@himalayanyoga.gr

Looking forward to meeting you all on August 1- 8, 2024!

The organization team

Csilla Horvath (Hungary) Timi Varga (Hungary)

Tamara Soru (Italy and Mozambique)

Maria Miguel Ribeiro (Portugal and Switzerland)

Athina Papadopoulou (Greece) Anna Zaharopoulou (Greece)

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