

Yoga Camp, September 4-7, 2020

Submitted by Lisa Harris, co-Dean with Kathy Bolte

On the weekend after Labor Day each year, UU campers, as well as many non-UU participants, get together to renew themselves and learn new wellness practices at our annual Yoga Camp. Since yoga

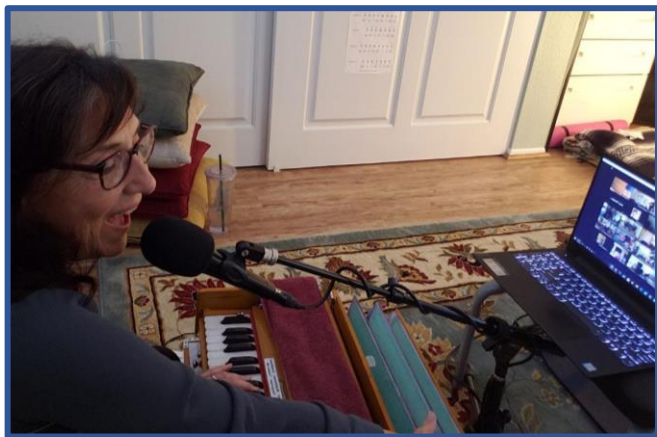


and self-care can be practiced ANYWHERE, it wasn't too difficult to transition this camp to a virtual platform on Zoom. Although we missed the beauty, serenity, and peacefulness of being in the mountains, it was rejuvenating to come together and participate in workshops and classes related to this year's theme of Building Resilience.

Lisa and Buddy at "Command Center"

Our keynote speaker, Pam Hale Trachta, took us on a "flying lesson" as a metaphor for developing greater resilience. After considering how these flight related lessons could apply to our current lives, we landed on the yoga mat each day for some gentle and nurturing movement. Following this physical and emotional nourishment, we rested in the vastness of mindful breathing and meditation practice.

Although condensed into fewer sessions, Yoga Camp was still packed with all the goodness that is always available to campers: yoga, breathing, music, fellowship, games, memories, laughter, and thought provoking encouragement to come back to self. On the last day, we all took flight back into our lives with greater resilience.



Kathy enthusiastically led campers in song and chant