

February 2018

Dear Campers

GREETINGS & SATNAM



Many of us are missing our needful dose of camp and look forward to coming together again. Our last camp in Trivandrum, Kerala in 2016 was themed ayurvedic healing. Last year we explored the beautiful hills of Janda baik with a most blissful stay.

This year, we gather at our popular Suan Bua Resort, Chiang Mai to eat, pray, love and heal together! This camp offers meditation, yoga, soulful lectures, exploring Gurbani, daily keertan and massage with the unbeatable Thai vegetarian spread.

1. DATES

Camp dates are [Saturday, 2nd June to Wednesday 6th June 2018](#) - a total of 5 days. This is immediately after school closes for mid-year break. Camp ends @ 11 am on Wednesday 6th June, to accommodate those heading home on the same day.

2. VENUE

We will be staying at Suan Bua, our tranquil valley resort with Lanna style architecture and lovely gardens. Past campers will be familiar with this green sanctuary. It is a 30 minute drive from the airport. <http://suanbua.com/>

3. FLIGHTS

Air Asia has one daily flight direct to Chiang Mai. The flight leaves KLIA2 at 2.45 pm and takes 2 hours 40 minutes. Current flight fare is approximately RM700. Please book early to lock-in the current good rates. Thailand is one hour behind Kuala Lumpur.

4. PROGRAM

Mornings : Japji, Morning sadhana, soulful lectures & videos, exploring Gurbani and sharing circles
Afternoons : Head, neck, shoulder and foot massage ; breathwalk
Evenings : Evening devotions, Rehraas, Keertan and daily closing meditations

5. CAMP TEACHERS

We have two amazing teachers Suraj K Khalsa & Tonie Nooyens leading us this year. Together with our local talent pool, they will help us grow together. We also have amazing music talent amongst campers who will delight you every evening with mesmerising Keertan.

6. CAMP COST

Camp cost is [RM1,400/pax](#) which covers full board, meals, massage and airport transfers. This is a specially discounted rate for our group after many rounds of negotiation with the resort. This year we have no top up fee to cover teachers cost thanks to well-wishers who have fully taken up the teachers travel and flight expenses. What campers pay is the net cost. No extra fee at all.

For youth aged 17 and below, camp cost is at a specially discounted rate of [RM900 per pax](#).

Should you wish to extend your stay, each extra day is priced at RM90/pax with breakfast.

7. CAMP REGISTRATION & PAYMENT

Our able camp team will assist with registration, logistics and funds. To expedite planning, please register [by Wednesday, 15 March 2018](#), as we need to firm our booking with the resort and release the down payment. If you have any enquiries, please feel free to contact our team members:

For Camp Information & Logistics

MALAYSIA **Sarjit** (sarjitk@gmail.com) - 012 213 9005, **Ajit** (ajitmc@gmail.com) - 016 219 7888,
Jaswinder- 03 2288 1600
SINGAPORE **Dalveer** +6597894391 (dolly@adlerblick.com.sg)
THAILAND **Amarjit** +66818283224 (amarjitkaurdoowa@gmail.com)

For Registration & Payment

- **Bank in payments to:** [MBB 5144 9509 1621 – Jaswant Singh A/L Najar Singh](#)
(This account is used for community work and managed by a long serving volunteer)

- **Send us your completed Camp Form WITH bank confirmation** slip to Malinder:
malindersds@gmail.com

8. SIGHTSEEING

Most of us extend our stay to shop, sightsee and soak into Thai hospitality. Chiang Mai has good night markets too. Please liaise with the resort directly when you are there. Alternatively, you may decide to explore the city on your own or speak with past campers for a fun filled holiday post camp.

Looking forward to seeing you soon and wishing you blessed days ahead.



Keep Up and You will be kept up
YOUR CAMP TEAM