**DDVC Parent-Children Summer Meditation Camp 2016**

1. Purpose of the camp: This camp is designed for parents to attend together with their children. The camp will blend meditation with interesting and relaxing activities, which allow kids and parents to experience Chan in daily life and to nurture their wisdom. From these Chan activities, children will benefit from bonding with their parents, spiritual growth, learning to be appreciative, and developing their engagement with community.
2. Content:
3. Learn to appreciate life and care for community
* Through different activities and story times, we allow kids to reflect on what they are able to do for community. These activities nurture kids’ potential to care for others and for the community.
* Through role playing, we allow kids to experience and appreciate the hard work of being parents.
1. Experience Chan and wisdom in daily life
* The venerables will be leading and guiding the children to practice Chan in daily life (eating Chan, chore Chan, etc.)
* Learn sitting meditation, relax the body and mind
* Learn walking meditation, experience the spirit of Chan in movements
* Experience the 8 Form Moving Meditation, stretching both body and mind
* Learn lessons in wisdom from the teaching of Master Sheng Yen
1. Parent-children fun time
* Children and parents will work together in different DIY activities, games and crafts.
* Children and parents will learn how to play the dharma instruments, walking meditation, sitting meditation, and experience the world of Chan together.
* Experience drumming together.

3. Participants: Children from age 6-14 years old and their parents (all kids must be accompanied by at least one parent the whole time)

4. Time: August 27 & 28 from 9:00 am to 7:30 pm, no overnight stay.

5. Location: DDVC（8240 No.5 Road. Richmond. BC.）

6. Fees: donation

7. When to register: Open now

8. How to register: (1). Register in person at DDVC reception desk

 (2). Register online at [*https://goo.gl/qLMma4*](https://goo.gl/qLMma4)

If more than one child is attending the camp, please fill out a separate application form for each child.

9. Cancellation: Please call us at least 3 days ahead for cancellation to free up the spot.

 Tel: 604-277-1357