

Invitation

Dear Friends - Jai Jinendra

It is with great pleasure that we invite you and your family to the 10th annual spiritual camp conducted by JVB Houston. The annual camp is our flagship event of the year and attracts people from community at large and allow us to show case what we are all about. We have lined up a very good program that will focus on auguring familial peace and bliss - in other words "Happy & Harmonious Family." With blessings from Acharya Shree Mahapragya and guidance from Samaniji's these camps invigorate and cleanses the soul and recharges us for the year ahead. We always expect a sellout so please sign up in advance. **See you at the Camp !!!!**

The JVB Houston Camps Committee

Release Form

I hereby stipulate that I am physically sound to proceed with instructions in Preksha Meditation and Yoga. It is further agreed that all exercises and lessons shall be undertaken at my own risk and that Gordon Ranch and JVB Preksha Meditation Center shall not be liable for injuries, damages or claims to myself or my property arising out of, or connected with, the use of services or facilities of Gordon Ranch and JVB Preksha Meditation Center or the premises in which the same are located. Gordon Ranch and JVB Preksha Meditation Center accept no responsibility of any kind for the Meditation and Yoga activities. I do hereby release and discharge Gordon Ranch and JVB Preksha Meditation Center from all such causes of action.

☐ I consent to the above release statement

Signature _____

Print Name _____

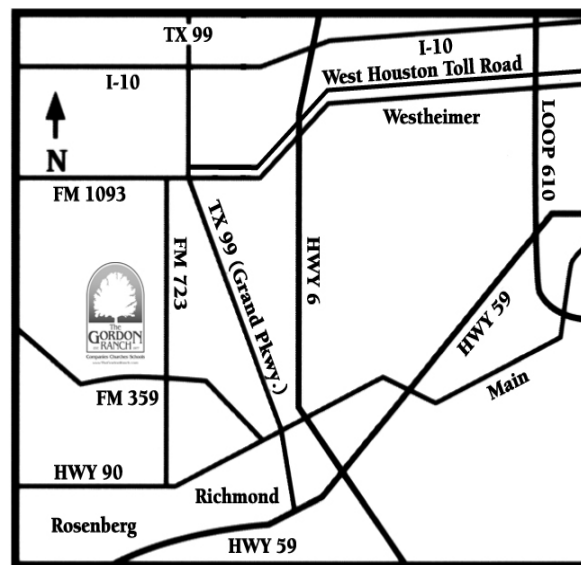
Directions

From Sugar Land Area:

- South on Highway 59 to Highway 6; exit Highway 6 and turn right
- Go approximately 2 miles on Highway 6 and turn left onto Highway 90A (Landmarks: Sam's Club and Super Wal-mart on the right)
- Go approximately 5 miles on Highway 90A and turn right onto FM 359 (Landmarks: The Soil Market on the left)
- Go approximately 8 miles on FM 359 to The Gordon Ranch (Landmarks: Enchanted Gardens on right, red light at FM 723-go through intersection about 1 mile on right, look for brown wooden fence and The Gordon Ranch billboard)

From Houston Area:

- Take Interstate 10 West to Grand Parkway/Texas 99
- Go approximately 5 miles on Grand Parkway to FM 1093 (Westheimer or West Houston Toll Road) and turn right
- Go approximately 2 miles on FM 1093 to FM 723 (landmark: on left is Westheimer Lakes Subdivision) and turn left at red light
- Go approximately 5 miles on FM 723 to FM 359 and turn right at red light (Landmarks: Karl's Restaurant and Texaco on right, mini horse farm on the left)
- Go approximately 1 mile on FM 359 to The Gordon Ranch (We are on FM 359 about 1 mile on right, look for brown wooden fence and The Gordon Ranch billboard)



10th Annual Family Spiritual Camp

JVB Houston, TX

Happy & Harmonious Family

Friday April 2nd, 2010 - Sunday April 4th, 2010



The Gordon Ranch

7714 FM 359

Richmond, Texas

(281) 342-9800

*Inspired by
Acharya Shree Mahapragya*

*Under guidance of
Samani Akshay Pragyaji
Samani Vinay Pragyaji*

JVB Houston

281.596.9642

Adult Program - Friday, April 2nd, 2010

Events	Time
Registration & Check in	2:00 – 5:00 pm
Opening Ceremony & Welcome	5:00 – 5:30
Dinner	5:30 – 7:00
Gaman Yoga	7:00 – 7:30
Discourse	8:00 – 9:00
Meditation	9:00 – 9:30
Yog Nidra	9:30

Saturday, April 3rd, 2010

Gaman Yoga	6:00 – 6:30 am
Preksha Meditation	6:30 – 7:00
Asan & Pranayam	7:00 – 8:00
Bhaktamar	8:00 - 8:30
Breakfast	8:30 – 10:00
Discourse & Q&A	10:00 – 11:00
Relaxation	11:00 – 11:45
Mantra & Healing	11:45 - 12:15
Lunch & Rest	12:15 – 2:00
Discourse & Q&A	2:00 – 3:00
Contemplation of Tolerance Power	3:00– 3:30
Tea Break	3:30 – 4:00
Presentation by Doctors	4:00 – 5:00
Dinner	5:00 – 7:00
Gaman Yoga	7:00 – 7:30
Meditation	7:45 – 8:15
Cultural Eve	8:15 – 10:00

Sunday April 4th, 2010

Gaman Yoga	6:00 – 6:30 am
Preksha Meditation	6:30 – 7:00
Advanced Asan & Pranayam	7:00 – 8:00
Bhaktamar	8:00— 8:30
Breakfast	8:30—9:30
Discourse	9:30 – 10:15
Relaxation	10:15 - 11:00
Check Your IQ	11:00 – 11:45
Closing Remarks and Feedback	11:45 – 12:15
Lunch	12:15 - 2:00

Kids Program - Friday, April 2nd, 2010

Events	Time
Opening Ceremony & welcome	5:00 – 5:30 pm
Dinner	5:30 – 7:00
Gaman Yoga	7:00 – 7:30
Lecture	8:00 – 8:30
Learning	8:30 – 9:00
Yoga/Games/Stories	9:00 – 9:30

Saturday, April 3rd, 2010

Morning Walk	8:00 - 8:30 am
Breakfast	8:30 – 10:00
Lecture	10:00 – 11:00
Learning Pranayams	11:00 – 11:30
Yoga & Relaxation	11:30 – 12:15
Lunch, Rest & Outdoor Activities	12:15 – 2:30
Energize Your Brain	2:30 – 3:00
Essay Writing	3:00 – 3:30
Break	3:30 – 4:00
Game, Craft, Color	4:00 – 5:00
Dinner	5:00 – 7:00
Gaman Yoga	7:00 – 7:30
Preparation for the program	7:30 – 8:15
Cultural Eve	8:15 – 10:00

Sunday April 4th, 2010

Morning Walk	8:00 – 8:30 am
Breakfast	8:30 – 9:30
Prayer and Lecture	9:30 - 10:15
Yoga , Relaxation	10:30 – 11:30
Closing Remarks and Feedback	11:45 – 12:15
Lunch	12:15 - 2:00

Registration Form

Yes, I would like to attend the 10th Annual Family Spiritual Camp of JVB Houston

Adults:

Mr./Mrs. _____

Mr./Mrs. _____

Mr./Mrs. _____

Mr./Mrs. _____

Children:

M/F _____ Age _____

M/F _____ Age _____

M/F _____ Age _____

Address: _____

City/State/Zip _____

Phone _____ Alt. Phone _____

Email: _____

Cost:

\$150.00 per Adult

\$50.00 per Child age 4-12

First 100 Adults are guaranteed a bed at the Camp. Children share the bed with parents or can use sleeping bags.

Please pay by check or credit card/Paypal. Please complete registration form and sign the release form at the back. You can register online on www.jvbhouston.org, or this form and payment can be dropped at the center or mailed to:

JVB Preksha Meditation Center

Attn: Camp Registration

14102 Schiller Rd.

Houston, TX 77082

Phone: 281.596.9642

Email: info@jvbhouston.org