

About  
Camp de Benneville Pines

Located at 6800 feet in the San Bernardino National Forest, de Benneville is surrounded by towering ponderosa pines, oaks and cedars. Barton Creek is nearby and Jenks Lake within walking distance. It is the perfect location to enjoy the natural beauty of the forest.

Delicious meals are served in Homet Lodge, with vegetarian/vegan entrees offered if requested with registrations. Cabins are comfortable if rustic, with shared bathrooms and showers. Dorms sleep six, cabin rooms sleep four and deluxe accommodations include a shared kitchen and sitting area. A limited number of double beds are also available.



Camp de Benneville Pines  
41750 Jenks Lake Road West  
Angelus Oaks, CA 92305



*“Fill up With  
Breath ...  
Fill up the Well  
Within”*

Friday – Sunday  
September 10 – 12, 2010

Camp de Benneville Pines  
41750 Jenks Lake Road West  
Angelus Oaks, CA 92305  
(909) 794-1252  
registrar@uucamp.org  
<http://www.uucamp.org>  
(Click on “Come to Camp”)

Non-profit  
Organization  
U.S. Postage  
PAID  
Permit No. 1  
Angelus Oaks, CA  
92305

*Dear Yoga and Wellness Campers,*

I write to you with great excitement and anticipation about this year's retreat. Everything is lining up and falling into place so wonderfully and easily this year, so I am certain that this experience will exceed those of past years. (And we have had some great yoga retreats in the past!)

For the fun of it, I have created a theme on which to base the classes and workshops – **Fill Up With Breath, Fill Up the Well Within!** For me, the year 2010 has been one of fullness and one of fulfilling my promise to tackle the list of things that I never quite seem to get to – which is something similar to a “bucket list,” but way before my old age!

My yoga classes at the fall camp will include titles such as “Bringing Out the Adventurer in You,” “Renewable Energy,” and “Remembering Your Fullness.” The other workshop leaders and yoga teachers will also seek to inspire you with their own offerings on the theme of filling up and finding the fullness in life.

So don't let the Yoga and Wellness Camp end up on your “bucket list!” Sign up and join us for a weekend that is sure to relax, renew and re-inspire your life.

Blessings,  
*Lisa Harris*



*Join us for meditation, outdoor activities, art, stretch, tai chi, qui gong, swimming, hiking, relaxing and playing in a beautiful mountain setting.*

## *“Fill up With Breath ... Fill up the Well Within”*

*There are many names for it:  
happiness, enlightenment,  
meaning, inner peace,  
joy, bliss, self-realization,  
enjoyment, love, well-being ...*

*Take time out to  
remember the fullness  
through yoga, breathwork,  
meditation, hiking,  
dance, wellness workshops,  
massage, fellowship ...  
and much more!*



### **Registration Details**

Cost: \$180 per person  
(includes lodging, classes, activities and food)  
Friday dinner - Sunday Brunch  
Upgrade to Craig's Cabin: \$30 pp  
Early arrival fee on Thursday: \$20 pp  
(no food service available until Friday dinner)  
Deposit: \$75 pp (no refunds available after 9/1)

To register call (909) 794-1252 or  
e-mail registrar@uucamp.org  
To register on line: <http://www.uucamp.org>  
(click on “Come to Camp”)



### *About Lisa Harris*

Lisa is a first grade teacher by day, but a yoga teacher in the evenings and on weekends! A student of yoga since 1997, she naturally evolved into a yoga instructor. Studying and training regularly, Lisa has acquired over 500 hours of professional training. Her inspiration comes from her beloved Anusara Yoga® teacher John Friend and his elegant set of alignment principles, life affirming philosophy, and heart-oriented teachings.

While on the path to becoming an Anusara-Inspired® teacher, Lisa continually strives to create balance and joy in everyday life. She delights in sharing these ideas and practices with her students. Her classes are known for providing details in aligning the body for optimal safety, stretch, strength and therapeutic benefit. By offering a choice of gentle, moderate or intense stretch in each class, students are able to work with compassion and respect for their individual needs. Lisa focuses on taking yoga “off the mat” and into everyday life. With lighthearted humor, she encourages opening to internal awareness and having fun!

Each fall, Lisa looks forward to spending a weekend of relaxation and meditation in the mountains with dozens of her yoga students and regular camp attendees. Please join her and fill up with Breath ...