

Tools For Peace

TEEN SUMMER CAMP 2012

In the Beautiful Tehachapi Mountains

July 29 through August 4, 2012 ♦ Ages 12-16



Self-Exploration



Fun



Self-Expression



Activities

The annual Tools For Peace Teen Summer Camp supports its participants to actively adopt a more positive role in their lives and the lives of others. Held at Ari Bhod, Tehachapi, located on 475 acres of rustic mountain forest, **Tools For Peace Teen Camp** will give teens the tools to develop positive attitudes, resolve conflicts, cope with difficulties, develop self-motivation and self-confidence, and feel willing, able and equipped to help others. The camp is modeled after the Tibetan culture of peace and offering unique opportunities to explore Tibetan art and culture.

Camp staff includes Tibetan lamas and visiting Tibetan monks, professional musicians, artists and trained adult and youth facilitators.

DEVELOP RESPONSIBILITY ♦ BUILD CONFIDENCE ♦ STRENGTHEN SELF-ESTEEM

Activities Include:

PERSONAL MANDALA WORKSHOP: Practice Mindfulness and Meditation; create personal mandalas and a traditional Tibetan sand mandala

ARTISTIC EXPRESSION: Write and create a group song; photography

OUTDOOR & PHYSICAL ACTIVITIES: Hiking, horseback riding, yoga, swimming, basketball, soccer, football and volleyball

EVENING ACTIVITIES: Karaoke, movie nights, games and campfires



SCHOLARSHIP OPPORTUNITIES ARE AVAILABLE!

If you are interested in the rewarding opportunity of sponsoring a teen camper, please inquire.

For More Information on Tools For Peace Teen Camp 2012 please contact Tools For Peace (626) 564-0700, info@toolsforpeace.org
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