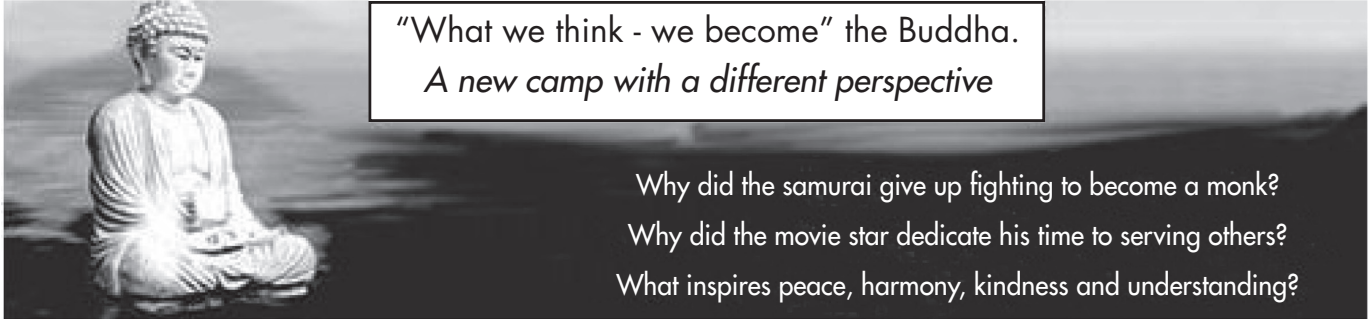


# Leadership & Mindfulness Day Camps for Teens



“What we think - we become” the Buddha.  
*A new camp with a different perspective*

Why did the samurai give up fighting to become a monk?  
Why did the movie star dedicate his time to serving others?  
What inspires peace, harmony, kindness and understanding?

**FOR AGES 13 -17, FULL DAY (9:30 AM - 3:30 PM) 2 WEEKS (JULY 15-19; 22-26, 2013)**

**FEE: \$350/2 WEEKS**

*Enjoy a respectful and friendly environment to explore the remarkable teachings of the Buddha (Dharma) taught in a stress-free secular context.*

*Learn mental focus, de-stressing, and how to cultivate mindfulness and emotional intelligence. Through discovery and analysis realise your own understanding of the Dharma — engage with a variety of teachers from university professors and graduates & undergraduate students to experts from a variety of professions.*

BEYOND HIGH SCHOOL:

Explore music, lyrics and meaning

•

Train in the simple and effective techniques of mindfulness meditation

•

Cook meals with a real Buddhist chef

TOPICS INCLUDE:

Buddhist Psychology

•

Mindfulness Practices / Emotional Intelligence

•

Leadership and compassion in a turbulent world

•

Journey through the history and rich culture of Buddhism

*At the end of the program students will have a deeper understanding of the Dharma values enabling them to think more independently, be more innovative and more courageous in making decisions for themselves and others that are grounded in compassion and wisdom.*

**Conveniently located downtown at 569 Spadina Ave. (University of Toronto Multi-Faith Centre)**

TELEPHONE 416•910•4858

For more details and to enroll visit [www.buddhistschoolforyouth.ca](http://www.buddhistschoolforyouth.ca)