

9th year

CIRCLE WAY CAMP 2010

Mundekulla July 11-16



Let yourself be inspired by Native American worldview and way of life!

Welcome to an adventure and a growing experience for all ages at beautiful Mundekulla. Learn tools for active listening to others, getting closer to your feelings and becoming more conscious of your goals and dreams. During the five days of camp we create a "tribe" in the spirit of the circle, living in greater harmony with nature and each other. There will be traditional story-telling and optional workshops in yoga, dancing, meditation, vision finding, singing and philosophical dialogue. The yearly Sustainability Conference is held immediately after camp and camp participants are invited at greatly reduced prices.



Sustainable living!



Main teachers

Manitonquat (Medicine Story):

Storyteller, author, lecturer and elder of the Wampanoag nation (USA).

Ellika Lindén: Director, playwright and women's circle leader.

Manitonquat and Ellika have led workshops and camps all over the world for many years, inspired by Native American ways and meeting in the circle.

Other workshop leaders

Anne Solveig Elmberg (meditation, vision)

Peter Elmberg (singing, dance)

Kalle Grill (philosophical dialogue)

Mona Malmros (yoga)

and others

Youth camp 10-16 yrs

Frank Robra (nature pedagogue) offer nature activities Monday-Thursday 10 am-1 pm plus solo sleep-over in the woods Wednesday night.

Children's activities Creative play for younger children Monday-Friday 10 am-1 pm plus Wednesday 3 pm-6 pm.

Prices Six meals and camping in tent with shower/wc included. Rooms for rent. Prices by ability for adults: SEK2500-3500.

Children 4-14 yrs: SEK1200.

Youth 15-22 yrs: SEK1900.

Sustainability Week

Circle Way Camp + Sustainability Conference: SEK3500-4500.

Children: SEK1600.

Youth: SEK2600.

Coordinators:

Camilla Grill, Kalle Grill
Mona Malmros och
Peter Elmberg.

7 am-7.45 am
8 am-9 am

10 am-1 pm
3 pm-4 pm

4.30 pm-6 pm

8 pm-10 pm

Sunday

Friday

Daily Program

Morning activity: Sleep in, yoga, meditation or quiet singing.

Clan meeting: Sharing in groups of 5-6 people created for the duration of the camp.

Great Circle and workshop with Manitonquat and Ellika.

Physical workshop: Mundekulla dancing, guided nature walks, and more.

Workshop: Co-counselling, story-telling, vision work, philosophical dialogue, and more.

Evening activity: Clan performance, story-telling, sweat lodge, open stage.

Arrival from 4 pm, dinner 6 pm, welcoming night with division into groups/clans 8 pm.

Camp ends at 5 pm, or stay for Sustainability Conference Saturday-Sunday.



Mundekulla

Kurs- och Retreatgård

www.mundekulla.se • +46 471 504 50

