



# BUDDHIST CAMP

## FOR CHILDREN

the  **YMCA Camp Kon-O-Kwee**

**Friday Evening, September 21 to  
Sunday Afternoon, September 23**



**SPONSORED BY:**  
*Pittsburgh Buddhist Center*

### **Teachers:**

- ⊗ **Bhante Pamaratana**
- ⊗ **Bhante Punna**
- ⊗ **Bhante Mettananda**

**\$225 per camper**

Includes six meals and lodging  
for two nights

**Age 10 and Up**

### **Instruction will include:**

- ⊗ **"School: Mindfulness and Learning"**
- ⊗ **"Guided Meditation Including  
Walking Meditation"**
- ⊗ **"The Buddha and the Environment"**
- ⊗ **"Chanting...Why We Do It"**

**plus Outdoor Environmental Experience  
led by Camp Kon-O-Kwee Staff**

**Location: YMCA Camp Kon-O-Kwee, Spencer**  
126 Nagel Rd, Fombell, PA 16123  
[www.ycampkok.org](http://www.ycampkok.org)

**For more information and to register:**  
[pittsburghbuddhistcenter.org](http://pittsburghbuddhistcenter.org)  
*Enrollment is limited to 30 campers.*

