



Skills-for-Life

A two-week residential course for young adults

Providing a wider range of practical skills and practices than conventional education, while promoting an effective balance between our inner and outer lives

August 6-20, 2016

Camp Caravan, Royalston, MA

The program includes

- Guided morning meditations
- Woodworking, gardening, car care, and cooking
- Developing tools for awareness of our body, feelings, and attitudes, as well as other areas of self study
- Learning how to maintain an active and fruitful inner life in the midst of outer activity
- Gymnastic dancing aimed at developing attention and awareness in relation to the body
- Daily study themes— how we relate to the material world around us, the natural world, to other people, and within ourselves
- Group projects with non-hierarchical organization

The Details

- Cost: \$800; \$500 for students
- Fee includes: tuition, food, and accommodations
- Minimum age: 18
- Deadline & Deposit: \$50 non-refundable deposit due by May 1, 2016
- Conditions are simple; accommodation will be in dormitories and meals will be communal.

More info: skills-for-life.org

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Find us on Facebook (Skills-For-Life)



How can I actually make a difference? How can I reconnect to both my innermost self and the natural world? Where can I meet others with these same questions?