

# WOMEN IN THE WOODS!

4<sup>TH</sup> ANNUAL OUTDOOR FITNESS & WELLNESS RETREAT  
OCTOBER 1, 2 & 3, 2010

YOGA \* KETTLEBELLS  
MOUNTAIN BIKING \* ART BOX  
CANOEING \* FINDING BALANCE  
MEDITATION & RELAXATION  
SELF DEFENSE \* NUTRITION  
TRAIL RUNNING \* HIKING  
LAKESIDE BOOTCAMP

All this combined with great food, wine,  
chocolate, spa treatments & lots of time to relax.  
Located in the heart of our beautiful Rocky  
Mountains!

Your price includes everything except your  
transportation and optional spa treatments.

**\$379/PERSON** (double occupancy)

Hotel style accommodations

**\$439/PERSON** (double occupancy)

Private lakefront cottage (8 spaces available)

# WEEKEND ITINERARY

## FRIDAY NIGHT

5:00 TO 7:00PM CHECK-IN

7:00 TO 9:00PM MEET & GREET WITH APPETIZERS, WINE & CHOCOLATE

9:00 TO 10:00PM CAMPFIRE (optional)

9:00 TO 10:00PM ART BOX PREP ( optional)

## SATURDAY

7:30AM LAKESIDE BOOT CAMP or TRAILRUN (optional)

9:00AM BREAKFAST

10:00 TO 11:30AM – **SESSION 1** (choices below)

12:00 TO 1:00PM - LUNCH

1:30 TO 3:30PM – **SESSION 2** (choices below)

3:30 TO 6:00PM – FREE TIME (NATURE WALK – optional)

6:00 TO 7:30PM - SUPPER

8:00 TO 9:00PM – SALSA DANCE LESSONS (optional)

9:30PM - CAMPFIRE (optional)

## SUNDAY

8:00AM – LAKESIDE KETTLE BELLS or RELAX & STRETCH

10:00AM - FAREWELL BRUNCH

12:00PM - CHECK OUT

## SESSION 1

KETTLEBELLS

SELF DEFENSE

FINDING BALANCE

NUTRITION

## SESSION 2

MOUNTAIN BIKING

YOGA

ART BOX

CANOEING

## CLASS DESCRIPTIONS

**KETTLE BELLS:** This is an introduction to kettle bells for anyone that has wanted to give it a try. An intermediate fitness level is needed, but not any kettle bell experience. We will supply the kettle bells, dress in light workout or yoga wear & bring a water bottle. Weather permitting we will be holding this class outdoors on the deck with a beautiful view of Goldeye Lake. Class limited to 8.

**SELF DEFENSE:** Here's your chance to learn some basic martial arts to help defend yourself in an unsafe situation. Class will also include some basic karate for fitness. No experience needed, dress light & bring a water bottle, be prepared to participate in bare feet. Class limited to 12.

**FINDING BALANCE:** Back by popular demand from year one is a class designed to help you achieve balance between your work, family & your personal needs/ goals. There will be some useful take home tools for finding balance & maintaining it. This class fills up fast! Class limited to 12.

**NUTRITION:** This class is here to answer all your questions about achieving optimum health through your nutrition. We will cover topics like food combining, food as fuel, recipe make-overs, effective supplementation, and portion control with time for your questions. Take home tools will include your best grocery list, fast, easy recipes, tips for getting on track & a food journal to help you get started. Class limited to 12.

**MOUNTAIN BIKING:** There are some amazing mountain bike trails around Goldeye and this class will lead you through a variety of them. Class will also include some bike maintenance, safety for riding in the mountains as well as some skills instruction. You must provide your own bike & HELMETS ARE MANDATORY! Class limited to 8.

**YOGA:** A mix of various forms of relaxation & Hatha yoga that the instructor likes to call KARMA YOGA. Experience is not needed & is appropriate for all ages & fitness levels. Please dress light, bring water & your own yoga mat or large towel. Be prepared to participate in bare feet. Class limited to 14.

**ART BOX:** Over the years we have had a lot of requests for an art based class. We feel that feeding your creative side is important in achieving a healthy balance in your life. This class has been designed to include some of the beautiful nature that will be surrounding us over the weekend. All supplies will be provided by Nature's Path. No experience or artistic background needed. Class limited to 10.

**CANOEING:** how can we have our Retreat at Goldeye Lake and not have canoeing? We will cover some of the basics in this class with the majority of our time on the lake. Bring your camera; the view from your canoe will be spectacular! Canoes & PFD's will be provided. Class limited to 10.

# INSTRUCTORS

## **Michelle Bailey:** NUTRITION, LAKESIDE BOOTCAMP, RETREAT FACILITATOR

My educational background is nutrition & holistic health. I started Nature's Path 8 years ago with a small women's run group. Running has always been my passion and I wanted to spread the word. Well it has grown significantly since that time. I now offer classes including marathon training, outdoor boot camp, lifestyle transformation challenges, hiking, yoga and even salsa dance! Four years ago I started offering outdoor retreats for my "regulars" and once the word got out, it grew from there!

## **Suzanne Blackwell:** MOUNTAIN BIKING, SELF DEFENSE

This is Suzanne's fourth year with Nature's Path. She is a yoga instructor for the YARD (Yoga Alliance Red Deer) and teaches university level kinesiology courses for Red Deer College. She is a certified cycling & cross country ski coach, including 7 years as the coach for the Red Deer College Ski Team. Suzanne is a former professional cyclist, and still competes in skiing & adventure racing. She is a sensei (instructor) in martial arts. She is currently training for her 3<sup>rd</sup> degree black belt karate & jujitsu. In her free time, Suzanne loves getting outside to mountain bike, kayak or take her dogs for a walk.

## **Debbie Wright:** KETTLE BELLS, TRAIL RUN, CANOEING

A lot of you will know Deb from our regular class schedule. Deb has a passion for the outdoors that includes running, cycling, hiking & skiing. When she's not busy teaching class, she spends time with her husband and their two boys. She is known on the trails as a member of the Black Dog Running Group – a fun group of women who run together with their dogs. Anyone who knows Deb enjoys being around her easy-going nature and zest for life.

## **Sharlyn Carter:** YOGA & MEDITATION, RELAX & STRETCH

Although Sharlyn has been a participant in our classes for a few years now, this is her first year as an instructor at WOMEN IN THE WOODS! She has been studying yoga, in all forms for many years & we were lucky enough to convince her to join our team of instructors. Sharlyn also enjoys running & is training for her first Half Marathon this year!

## **Derryn Yeomans:** FINDING BALANCE, ART BOX, NATURE WALK

If you have attended our retreats before, you will recognize Derryn as one of our favorite instructors. Derryn is best known at our retreats for her JOURNALING INTO SELF DISCOVERY. This year she will be offering two new classes for you to enjoy. Derryn is a family counselor who also teaches creative writing and adult fitness. She loves to paint, work in her garden and travel.

## **Amelia Seaton:** MASSAGE

Amelia has been traveling with us to all our race weekends to massage away our post-race pains in the comfort of our hotel rooms. She is so busy that it has taken us a year to get her for our retreat this year. Once you've had a massage from Amelia, you'll see why she's so high in demand.

## **Phoebe Ellwood:** MASSAGE & SALSA DANCE

Phoebe has been teaching CARDIO-SALSA for us for the last three years. It has been so popular that we decided to add it to the retreat, just for fun!

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OCTOBER 1, 2 & 3, 2010

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

EMAIL: \_\_\_\_\_ PHONE: \_\_\_\_\_ CELL: \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_ PHONE: \_\_\_\_\_

MEDICAL CONDITIONS: \_\_\_\_\_

FOOD ALLERGIES: \_\_\_\_\_

FOOD CONSIDERATIONS (i.e.; vegan, celiac, diabetic, etc)

\_\_\_\_\_

\_\_\_\_\_

## ACCOMMODATIONS

**PRESIDENT'S OR CHURCH-HOPPINS WING** (wheelchair accessible) Hotel style rooms with 2 beds & a private bathroom in each room. There is a centrally located sitting room and small dining room with a coffee maker, fridge, tea kettle, dishes & a microwave as well as a 32" LCD TV. These accommodations are \$379/person (double occupancy) 32 spaces total

**BLUNDEN MANOR:** This beautiful, private cabin overlooks Goldeye Lake with a big deck to sit & take in the beautiful scenery. It has 4 bedrooms with 2 beds & a private bathroom each. There is a centrally located sitting room and small dining/kitchen room with a coffee maker, fridge, tea kettle, dishes & a microwave as well as a 32" LCD TV. These accommodations are \$439/person (double occupancy) 8 spaces total.

ACCOMMODATION CHOICE: \_\_\_\_\_ ENCLOSED: \$ \_\_\_\_\_

ROOM-MATE REQUEST: \_\_\_\_\_

## SESSION 1

FIRST CHOICE: \_\_\_\_\_ BACK-UP CHOICE: \_\_\_\_\_

## SESSION 2

FIRST CHOICE: \_\_\_\_\_ BACK-UP CHOICE: \_\_\_\_\_

**MASSAGE:** Relaxation or therapeutic massages will be available all weekend for \$75. Book & pay with your registration and the cost is \$65. They are completed by Registered Massage Therapists in the comfort of your room.

Day request: \_\_\_\_\_ Time request: \_\_\_\_\_ ENCLOSED: \$ \_\_\_\_\_

**T-SHIRTS:** Our WITW! 2010 T-shirts will be available on site for purchase this year for a cost of \$36. The front of our shirts will be the back-drop for a beautiful water-color painting created by artist Sally Towers-Sybbllis exclusively for our Retreat and silk-screened onto our shirts. Order & pay with your registration and pay only \$28.

T-shirt size: \_\_\_\_\_ (women's sizing XS to XXL) ENCLOSED: \$ \_\_\_\_\_

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Name: \_\_\_\_\_ DOB: \_\_\_\_\_  
Address: \_\_\_\_\_ Phone :( ) \_\_\_\_\_ Alt :( ) \_\_\_\_\_  
\_\_\_\_\_ E-mail: \_\_\_\_\_  
(City, province) (Postal code)

Known medical conditions: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## LIABILITY WAIVER (please read and sign below)

In consideration of NATURE'S PATH HEALTH & FITNESS accepting this information & registration, I hereby, both for myself and my heirs, waive any and all claims, for damages (whether for personal injury, death, illness or for negligence), which I may have as a result in my participation in any or all activities suggested by NATURE'S PATH HEALTH & FITNESS, Michelle Bailey OR any instructors & organizations associated with NATURE'S PATH HEALTH & FITNESS and release from liability for such claims the following: NATURE'S PATH HEALTH & FITNESS, Michelle Bailey OR any instructors & organizations associated with NATURE'S PATH HEALTH & FITNESS.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Witness

## REGISTRATIONS

- Due to the demand for spots at our Retreat each year, your session choices are first come, first served. Your spot at the Retreat is confirmed only with receipt of payment.
- Registrations that are emailed or phoned in will be held for 5 days to allow payment to be received.
- Payment can be made by cheque or cash; sorry, no credit cards
- If needed, arrangements can be made to stagger full payment into smaller payments, with payment in full being needed by August 1<sup>st</sup>, 2010
- Registrations can be dropped off in a sealed envelope at the front desk at Body Basics Gym. Please make sure your envelope is addressed to Nature's Path.
- Registrations can also be mailed(do not mail cash)to;  
**91 Anders Close, Red Deer, AB T4R 1C2**
- Please make your cheques payable to Nature's Path.
- Make sure you have filled out your registration in full(email) as I will email your confirmation, itinerary & additional information to you.
- Participants **MUST BE 18 YEARS** or older at time of the Retreat, no exceptions.
- All stated prices do not include GST, please add 5% to your total.

## CANCELATIONS & REFUNDS

- Cancellations before July 1<sup>st</sup> will receive a 100% refund
- Cancellations before August 1<sup>st</sup> will receive a 50% refund
- There are no refunds for cancellations after September 1<sup>st</sup>.
- If I have a wait list & can fill your spot, a 100% refund will be issued, regardless of the date up to 2 weeks before the Retreat.
- Participants who are in violation of Goldeye rules & regulations that are asked to leave by the staff at Goldeye will not receive a refund of any kind.
- There are no refunds for pre-booked & pre-paid massages.
- There are no refunds for pre-ordered & pre-paid T-shirts, it will be mailed to you.

For additional information, or to make alternate payment arrangements;

Michelle Bailey 403.358.1157    [trailrun@telus.net](mailto:trailrun@telus.net)    [www.naturespathfitness.com](http://www.naturespathfitness.com)