

WOMEN IN THE WOODS!

5TH ANNUAL FITNESS & WELLNESS RETREAT

SEPTEMBER 30TH TO OCTOBER 2ND, 2011

YOGA * KETTLEBELLS
CANOEING * BATIK
CHOOSING HAPPINESS * PEDICURES
HIGH ROPES COURSE
ACUPUNCTURE * MASSAGE
BOOTCAMP * HOT TUB

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

\$399/PERSON (double occupancy)

Hotel style accommodations

\$459/PERSON (double occupancy)

Private lakefront cottage (8 spaces available)

Contact Michelle @ trailrun@telus.net or 403.358.1157

WEEKEND ITINERARY

FRIDAY NIGHT

4:00 TO 6:00PM – Check-in

7:00 TO 9:00PM – Meet & Greet with wine, appetizers, Bailey's

9:00PM - Campfire

HOT TUB OPEN UNTIL 11:00PM

SATURDAY

7:30AM - OUTDOOR BOOT CAMP (optional)

8:30AM TO 9:30AM - 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 – ZUMBA DANCE LESSONS (optional)

HOT TUB OPEN UNTIL 11:00PM

SUNDAY

8:00AM – TRAIL RUN or RELAX & STRETCH

10:00AM - FAREWELL BRUNCH

12:00PM - CHECK OUT

SESSION 1

KETTLEBELLS

CHOOSING HAPPINESS

YOGA & MEDITATION

ACUPUNCTURE

SESSION 2

CANOEING

HIGH ROPES COURSE

BATIK

SELF DEFENSE

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. Class limited to 12.

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.

CHOOSING HAPPINESS: Everyone is talking about Positive Psychology and the impact it can have on our day to day life. We have the option to "choose happiness", but what does that mean & how do we do it? There will be some useful take home tools for CHOOSING HAPPINESS. This class fills up fast! Class limited to 12.

ZUMBA: It's the latest craze in fitness & so much fun! This Latin based cardio dance class is a great workout while you learn some salsa dance steps – suitable for all levels – no dance experience needed. Dress in light workout or yoga wear & bring a water bottle. Class limited to 18 women.

YOGA & MEDITATION: A mix of various forms of relaxation & Hatha 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.

INTRODUCTION TO BATIK: 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.

HIGH ROPES COURSE/KODA'S CHALLENGE: Goldeye is home to the largest ropes course in Canada! Everyone that tries it loves it! A pure adrenalin rush like no other! All equipment and certified guides are provided for this course. Check out the website for pictures & more information.

ACUPUNCTURE/TRADITIONAL CHINESE MEDICINE: Come and find out all the benefits of Traditional Chinese Medicine & the treatments it includes. Treatments like acupuncture, cupping and Chinese herbal infusions. * These treatments will also be available at the spa all weekend.

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.

RETREAT INSTRUCTORS

Michelle Bailey: RETREAT FACILITATOR, BOOT CAMP

My educational background is nutrition & holistic health. I started Nature's Path 9 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! Five years ago I started offering outdoor retreats for my "regulars" and once the word got out, it grew from there!

Suzanne Blackwell: YOGA & MEDITATION, SELF DEFENSE

This is Suzanne's fifth 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 and a former professional cyclist. She is also a third degree black belt in karate, jujitsu and a sensei (instructor) in martial arts. In her free time, Suzanne loves getting outside to mountain bike, kayak, camp or rock climb.

Debbie Wright: KETTLE BELLS, CANOEING, HIGH ROPES FACILITATOR

A lot of you will know Deb from our regular class schedule. Deb has a passion for the outdoors that includes running, cycling, hiking, kayaking & skiing.. 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.

Derryn Yeomans: CHOOSING HAPPINESS, RELAX & STRETCH

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 a new class 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.

Sally Towers-Syblis: INTRODUCTION TO BATIK

Sally is new to teaching at our retreats, but not being a part of them. Sally is the artist responsible for bring our Women in the Woods! logo to life for our posters and T-shirts with her amazing artistic talent. Sally is also a member of The Black Dog Run Group and enjoys all things outdoors when she isn't busy teaching art lessons or working on her own art projects.

Kaley Kapores: MASSAGE, ACUPUNTURE & TRADITIONAL CHINESE MEDICINE

Kaley has been with us for most of our Retreat weekends. She is so busy that we are lucky to get her again for our retreat this year. Once you've had a massage or an acupuncture treatment from Kaley, you'll see why she's so high in demand.

Phoebe Ellwood: MASSAGE, ZUMBA

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!

Kate Adams: PEDICURES

Kate has been a regular for a lot of our retreats. An aromatherapy spa pedicure with Kate is great way to relax – her foot massages are a slice of heaven! Pre-book your pedicure for the retreat to receive a free aromatherapy foot cream to take home.

WOMEN IN THE WOODS!

5TH ANNUAL FITNESS & WELLNESS RETREAT

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 **\$399/person** (double occupancy)

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 **\$459/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: 60 minute massages are available for \$65. They are completed by a Registered Massage Therapist.

Day request: _____ Time request: _____ **ENCLOSED: \$** _____

PEDICURES: Aromatherapy Spa pedicures are available for \$50. They are completed by a certified aesthetician.

Day request: _____ Time request: _____ **ENCLOSED: \$** _____

WOMEN IN THE WOODS!

5TH ANNUAL FITNESS & WELLNESS RETREAT

LIABILITY WAIVER

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

T-SHIRTS: Our WITW! 2011 T-shirts will be available on site for purchase this year for a cost of \$30. Our organic bamboo yoga T's are the back-drop for a beautiful water-color painting created by artist Sally Towers-Sybblis exclusively for our Retreat and silk-screened onto our shirts. Order & pay with your registration to ensure your size is available.

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

REGISTRATIONS

- Due to the demand for spots at our Retreats 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 check 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 **SEPT 1st, 2011**
- 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 check is payable to Nature's Path.
- Make sure you have filled out your registration in full including your email address 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 include GST.

CANCELATIONS & REFUNDS

- Cancellations before January 1st will receive a 100% refund (- \$50 admin fee)
- Cancellations before February 1st will receive a 50% refund (- \$50 admin fee)
- There are **no** refunds for cancellations after **SEPTEMBER 1st**.
- 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. (- \$50 admin fee)
- 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 or pedicures
- There are no refunds for pre-ordered & pre-paid T-shirts; it will be mailed to you.
- **ALL REFUNDS WILL BE SUBJECT TO A \$50 ADMINISTRATION FEE**