

The Camp Goddess™ Experience

Combining experiential workshops, movement classes, spa treatments, salt spa therapy, woman-to-woman connections, and ancient healing rituals ~ Camp Goddess™ is a one-of-its-kind renewal weekend sure to break you out of old patterns and awaken your body, mind and soul to the thriving goddess you are!

Prepare yourself for a weekend of self-discovery, mind-body-spirit awareness, clarity and probable change with some added relaxation time designated just for you. Learn from experienced women and the wisdom they can share to help you unlock your own inner wisdom, strength and vision.

Celebrate being a woman. Celebrate sharing this time with other women. Transform yourself into the woman you know you are and want to be. Here is your chance; attend CAMP GODDESS™ and unleash your goddess within.



Friday's Goddess Goals: Discover

5:00-5:30 pm Registration – Receive Complimentary Goddess Gift Bag of Goodies

5:30-6:00 Welcome & Introduction of Saturday's Presenters & Instructors

6:00-9:00 Discovering Your Goddess Within Presenter: Deborah Adams

We all have a goddess within us just waiting to come out. Free your inner goddess with this powerful workshop on a 'look inside'. See what and who you want to be, recognize how you want to live your life, free your spirit – your body – your mind. This is an interactive workshop on the honest discovery of your inner self and freeing the 'stagnant Qi' or blocked energy that is preventing your inner goddess from true happiness. This workshop is the core beginning of the Camp Goddess experience and will lead into the rest of the workshops for the weekend.

Saturday's Goddess Goals: Gratitude & Joy

8:30-9:00 a.m. Morning Mingle with Refreshing Smoothies or Hot Tea Bar

9:00-10:30 Heavenly Bodies: Personal Care from the Herb Garden Presenter: Connie Todd Lila

Connie will teach you how to treat yourself to spa-quality personal care with botanicals from both the gardens of the world and the gardens right outside your kitchen door. She is a Master Gardener specializing in the cultivation and utilization of herbs for cooking, personal care and medicinal purposes. Includes: lecture, demo and "build-your-own" product to take home with you. Also includes Connie's Heavenly Bodies Manual with recipes for mixing up your own products for pampering.

10:45-12:00 Awaken the Goddess Within

Awaken the Goddess Within

Deborah's original Qigong method designed specifically for women to deepen your connection to the outside world by uncovering your inner self. Easy to do warm up stretch followed by gentle Qigong movements, breathwork and calming meditation with an intentional word and benefit to each action. Deborah's Qigong is a very freeing experience and there is no right or wrong 'way'. Class will be done seated and standing. No mat or special equipment needed. Shoes are optional. Fun is required

12:15-1:00 **Goddess Lunch**

Salad bar including mixed greens, proteins, cheeses, a variety of vegetables and legumes. Croissants and gluten-free choices. A variety of sensational sweets for dessert.

1:00-4:00 Goddess Escape Time

This is time to relax with some goddess time for yourself.

- Time to ♥ Enjoy a Complimentary Wellness Spa Treatment (choices listed on next page)
 - ♥ Breathe deep with a Complimentary Salt Spa session
 - ♥ Shop in Clarity Boutique (Goddesses receive 25% off Camp Goddess weekend)
 - **♥** Enlighten Your Inner Goddess by joining one or all of the following options

1:00-1:45 Walking the Labyrinth

Instructor: Judy Butcher

Instructor: Ana Merchak

Meditation can rewire circuitry in the brain, reduce fear and anxiety, relieve insomnia and improve concentration and a sense of control. Learn focused walking meditation using the ancient tool of the Labyrinth while being guided into a deep sense of calm and peacefulness.

2:00-2:45 Personal Massage for Health Instructor: Deborah Adams

Learn simple and easy-to-do massage techniques to enhance your own personal health. Combination of Swedish massage, trigger-point therapy, and reflex points leaving you with tools to use at home on yourself or others.

3:00-3:45 **Flow Yoga**

Build strength, balance and flexibility as you synchronize your breath with movement in this vinyasa class perfect for all levels. Center your mind and experience vibes of renewal.

Saturday Conclusion

3:45-4:00 Light Snack & Time to Re-Group

4:00-5:00 Reflection & Renewal of Your Goddess Within Presenter: Deborah Adams

A time to gather, discuss, and recall key points to continue your path towards living your goddess self each and every day forward. This is a continuation of Friday's 'Discovering Your Goddess Within' class.

5:00-5:30 Conclusion & Goddess Journey to a New You!

Conclude your goddess journey with a closing ceremony to release your new awakened goddess and celebrate

Presenters: Deborah & Connie

your fresh empowered self to the world!

Complimentary Wellness Spa Treatment Choices:

Mini Massage

Designed for site specific massage such as neck, shoulders, or problem areas or as a quick massage refresher to relax and renew.

Sole Serenity

Relax while we wrap your feet in hot towels before exfoliating your lower legs and feet to prepare them for a relaxing aromatherapy foot massage.

Total Tranquility

This relaxing facial massage can change your mood, enhance deep relaxation and even leave you looking and feeling years younger.

Hot Stone Back Indulgence

Warm smooth stones are used to promote deep muscle and tissue relaxation to relieve pain, increase circulation and alleviate tension.

Enzyme Therapy Facial

Using natural exfoliants to separate dry, dead cells and lift them from your skin, this is the perfect mini facial treatment to brighten your appearance.

Essential Manicure

Thorough nail and cuticle care, nail shaping and filing, exfoliating scrub and lotion application, completed with the nail color of your choice.



Camp Goddess Presenters

Deborah Adams is a Thought Leader and Wellness Expert. Founder and CEO of The Wellness Spa, Inc. in Stevens Point since 1994 and co-owner of Wisconsin's first Halotherapy center, the Qi Garden Salt Spa since 2014. Deborah expanded into the fashion-world in 2016 opening Clarity Boutique. She was an AMTA licensed massage therapist for 25 years and is currently certified in Tai Chi & Qigong, Therapeutic Lifestyle Change, and Human Performance. She offers lectures, training, and retreats in stress management, empowerment, self-care, customer retention and entrepreneurism. She has recently partnered with her husband to offer Business Coaching and Consulting to businesses in the healing arts arena. To contact her visit DeborahAdams.net or WellnessSpaResort.com

Connie Todd Lila studies Herbalism, Aromatherapy and Plant Energy at a live-in herbal retreat center just inside the Boreal Forest. UW-Extension Office Master Gardener in Douglas County, she became a popular community educator, regularly speaking on all things herbal to groups at Lake Superior College, Wisconsin Indianhead Tech College and for professional and private garden and civic associations, spent several years on the Board of Directors for a family crisis center in Northern Wisconsin and consecutive terms as Vice President and Volunteer Victim Advocate. She now brings her passion for peaceful, natural therapies to guests of the Qi Garden Salt Spa as Lead Saltologist.

Ana Merchak lives a vibrant, peaceful life in Stevens Point. Studying yoga for over a decade, she is a practitioner of living in the present moment, a seeker of synchronicity and believes that life unfolds in perfect harmony. Ana is a registered yoga teacher (RYT 200) by Yoga Alliance and registered Prenatal Yoga teacher (RPYT) and she holds multiple certifications through YogaFit. With her Health Promotion & Wellness degree from UWSP, she has worked with many organizations in implementing their wellness programs and currently works as a Wellness Coach for Goodwill NCW. www.AnaMarieYoga.com

Judy Butcher began EarthWonders Yoga, LLC in 2015 after experiencing the illness and death of her brother. Judy is certified under world renowned guru Judith Hansen Lassiter. She currently combines Restorative Yoga, the Wisdom of Nature, and her 35+ year spiritual practice to offer classes for Grief, Loss, Life Transitions and an ongoing Restorative Yoga practice of Relaxation and Renewal. She holds classes for corporate and individual attendees and offers Restorative Yoga series sessions at The Wellness Spa. www.EarthWondersYoga.weebly.com

Camp Goddess Registration Form October 13-14, 2017

Limited to 30 Goddesses!

Mail registration and payment by September 16th for early bird rate of only \$149. Rate after September 17th = \$199 per person.

Nama	Dhono
Address	Phone E-mail
Do you have any special needs we should be	aware of? NO YES Please explain:
Please indicate your Complimentary Well	ness Spa Treatment (choose one)
☐ Mini Massage	☐ Total Tranquility
□ Sole Serenity	☐ Hot Stone Back Indulgence
☐ Enzyme Therapy Facial	☐ Essential Manicure
Please indicate your Afternoon Workshop 1:00-4:00 (Choose 1-3 Classes - we will try to y ☐ Walking the Labyrinth ☐ Personal Massage for Health ☐ Flow Yoga	ochoices: work your spa treatment in between your workshop choices if 2 or less are chosen)
□ First Time Goddess Attendee □ Returning Goddess ~ when did you last join us?	
Waiver and Release: I understand the activities	
to Qigong and Yoga classes, workshops, walking activi room facilities. I agree to assume all liability and releas The Wellness Spa and/or The Wellness Spa staff or and sidewalk, any equipment used, and participation in any these facilities and premises and assume all risk of injure.	that I may participate in at Camp Goddess TM , a division of The Wellness Spa, Inc., includes but are not limities, massage and/or bodywork, Qi Garden Salt Spa session, Goddess lunch, as well as use of sauna and locker The Wellness Spa, Inc. from any liability for the risk of injury, illness or death on account of my presence ther person on the premises. This includes, without limitation, use of the locker room, sauna, parking area, activity, class, program or instruction. I agree that I am voluntarily participating in these activities and using, illness, damage or loss to myself or any of my property that may result, including without limitation, any of myself (and any agents, representative, successors, and assigns) from any and all claims or causes of act
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Camp Goddess™ is a division of The Wellness Spa, 3916 Water Street, Stevens Point, WI 54481 www.WellnessSpaResort.com