

The CAMP GODDESS™ Experience



One Day Camp ~ May 1, 2021 ~ 9am–5pm

Welcome to CAMP GODDESS™... a day designed for women of all ages to discover yourself, remember your inner wisdom, embrace your personal power, and celebrate the goddess you are!

Camp Goddess™ is a time for women to come together to learn new ideas, fresh concepts, and to reconnect with your inner self or “Inner Goddess” by discovering what is holding you back from achieving the life you want to live.

Prepare yourself for self-discovery, mind-body-spirit awareness, positive change, and time that is designated just for you. Enjoy woman-focused workshops, goddess lunch, relaxation, laughter, and renewing ritual.

Celebrate being a woman. Celebrate sharing this time with other women. Transform yourself into the woman you know you are or want to be again. As women, we care for so many others in our personal lives and careers, busy ourselves with all the details of the days, putting ourselves last over others needs ... in turn, sometimes losing ourselves in the process. Remember who you are! No matter what your age, or where you are at right now. This is your chance to unleash your goddess within.

Morning Goddess Goals ~ Discovery

8:30-9:00 Registration – Receive Complimentary Goddess Gift Bag

9:00-9:30 Welcome & Introductions

9:30-10:30 Discovering Your Goddess Within

Presenter: Deborah Adams

We all have a goddess within us just waiting to come out. Free your inner goddess with 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 discovery of your inner self and freeing the 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 day.

10:30-10:45 Light Snack Break

10:45-12:30 Open Your Goddess Heart

Presenter: JoAnn Olson

Let JoAnn guide you on a journey to the center of your being while you learn how to find and connect to your Totem and the discovery of power through the ways of animals. Experience the ‘Dragon Heart’ and learn different types of Breathwork to open your heart, including the Great Heart Breath and more! Understand your goddess essence through understanding ‘Values’ and connect with your code of honor and the fabric of your core. This energetic and entertaining workshop will open your goddess heart while entertaining the spirit within you.

12:30-1:30 Goddess Lunch

Enjoy lunch in our Lavender Room with a light salad bar including mixed greens, proteins, vegetables, and legumes. Fresh bread and gluten-free crackers and The Wellness Spa’s decadent chocolate truffles to top off your tastebuds!

Afternoon Goddess Goals ~ Gratitude & Joy

- 1:30-2:15 Singing Bowl Sound Therapy** **Presenter: Tracy Gajewski**
Relax with this interactive opportunity to play with sound. Tracy will give you an introduction to both crystal and brass singing bowls, sharing the energy that comes from something as simple as circling a wooden stick in motion with glass or metal, and how that can take your spiritual self to another level of calmness. Everyone will have the chance to experiment and play with a variety of bowls and sounds.
- 2:15-3:45 Awaken the Goddess Within** **Presenter: Deborah Adams**
Open up to your goddess in this fun and interactive workshop designed to release whatever no longer serves your body and mind by using voice yoga techniques to clear congested chakras with Deborah's 'Use Your Outside Voice' method. Then replenish and empower yourself with her original 'Awaken the Goddess Within' Qigong form including flowing movement, focused breathwork and guided meditation. Let your hair down, kick your shoes off, and let that giggle out girl! Transformation awaits.
- 3:45-4:00 Break**
- 4:00-5:00 Conclusion & Goddess Journey to a New You!**
A time to gather, discuss, and recall key points to continue your path towards living your goddess self every day. Reflect and renew while we conclude with a closing ceremony to release your newly awakened goddess and celebrate your empowered self to the world.



Camp Goddess Presenters

Deborah Adams is an Entrepreneur, Thought Leader and Wellness Expert. Founder and CEO of The Wellness Spa, Inc. since 1994, co-owner Qi Garden Salt Spa and the new Water Dragon Inn overnight accommodations. She is a Master Qigong and Tai Chi Instructor and the author of "The Horse, The Dragon & The 10,000 Things" and holds certification programs to train others to become teachers of her method. Deborah was a licensed massage therapist for 25 years, personal trainer, dancer and Human Performance coach and brings her acquired knowledge into her keynote lectures, trainings, and retreats. To contact her visit www.WellnessSpaResort.com or www.DestinationWellness.net

JoAnn Olson is a Registered Polarity Practitioner, CranioSacral Therapist, Reiki Master, Water Healer, and Breathworker, blending the wisdom of thousands of years of traditional techniques from India, China, Tibet, Japan, Hebrew, Christian and indigenous people's mystical practices with modern science and health studies. For over 25 years JoAnn has pursued endless study in the Natural Health Field, receiving numerous recognitions and certifications. JoAnn is the founder of Whole Person Unlimited in Mosinee, WI.

Tracy Gajewski is a Stevens Point native working at The Wellness Spa as a Front Desk Spa Coordinator and Lead Saltologist. She is also the Social Media Manager for The Wellness Spa, Water Dragon Inn, and Clarity Boutique, designing features, photo shoots and writing most of the materials for Facebook and Instagram posts. With Tracy's musical background, she also offers her talent at the spa as a Singing Bowl Musician. She enjoys playing swing music on the Alto Saxophone with her band 'Guy.ev.ski' and celebrating the outdoors while walking on nature trails.

Registration

Woman's Wellness Day to Awaken the Goddess Within

May 1, 2021

9:00am – 5:00pm

\$99 per person ~ includes all workshops, lunch, snack, and goddess gift bag (\$20 value)

Class Size Limited to 20 attendees - please sign up at The Wellness Spa front desk or call 715-341-3333 to reserve your place in this incredible day. Workshops are on a pre-pay registration basis (\$40 non-refundable cancellation fee)

Held at The Wellness Spa, 3916 Water Street, Stevens Point, WI 54481

www.WellnessSpaResort.com