

The CAMP GODDESS™ Experience



One Day Retreat for Women

Saturday, October 1st 9am–4pm

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 other’s 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

9:00-9:30 **Welcome & Introductions (Receive Complimentary Goddess Gift Bag)**

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**

10:45-12:15 **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.

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

Enjoy lunch in our elegant 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

1:00-1:50 **Qi Garden Salt Spa Session**

OR

Treat Your Feet - Reflexology

Presenter: Ella Adams

Our feet carry the weight of our entire body, but rarely do we understand the impact they have on our health as a whole. Traditional Chinese Medicine (TCM) focuses on meridian lines or energy pathways that run like highways through our body. At the end of those 'highways' are reflex points that act like a roadmap to wellness. Learn reflexology points while you enjoy this interactive foot massage style class to wake up your soles to reawaken your soul.

2:00-2:50 **Qi Garden Salt Spa Session**

OR

Yoga for Women

Presenter: Lara Olson

This class is designed to nourish your body, mind, and soul. You will learn how to practice Yoga that is respectful of the stage of life you are currently in. The practices are gentle on a physical level, yet they will reach deep energetically, connecting you with your heart and your womb space. This class welcomes Yoga newbies or seasoned practitioners alike.

3:00-4:00 **Conclusion & Goddess Journey to a New You!**

Presenters: Deborah Adams & Lexie Leonhard

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 and goddess ritual 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.

Ella Adams grew up literally at The Wellness Spa! Being surrounded by wellness her entire childhood made it an easy decision for her to pursue a career as a Licensed Massage Therapist. Though she was trained in East/West practices and Chinese medicine, her specialty is in Neuromuscular Therapy focusing on rehabilitation and specific problem areas in the muscles and attachments. Certified as a Tai Chi Easy practice leader, her understanding of Qi/energy coincides with her TCM training, including reflexology, cupping and Tui Na. She is a very requested massage therapist at The Wellness Spa!

Lara Olson is certified many yoga styles: traditional Hatha, Yin, Power, Pregnancy, and Yoga Therapy for Women. She believes that the mix of strengthening the whole body, Yin Yoga, and relaxation practices have been a key for her personal well-being and brings relief to many people. She has a special interest in supporting women through Yoga therapy in whatever stage of life they are. As a musician, Lara believes that music can open the heart, and loves to share her singing, playing guitar or other instruments in class. She became a Mama in her late 30's and her one-year-old daughter is the biggest joy of her life.

Lexie Leonhard is an alternative wellness practitioner who uses holistic modalities to help individuals reconnect with their soul and reclaim their power. She holds a master's degree in Applied Behavior Analysis and is a certified practitioner of both craniosacral therapy and reiki. Her graduate level training and years working with individuals with developmental disabilities influences her overall approach to emotional wellness. She is scientific and spiritual. Educated and intuitive. She believes we are complex beings who require a whole-body approach to wellness. Lexie offers group meditation, workshops, and individual sessions at The Wellness Spa.

Registration

Woman's Day Camp to Awaken the Goddess Within

October 1, 2022

9:00am – 4:00pm

\$139 per person ~ includes all workshops, lunch, snack, and goddess gift bag (\$20 value)

Class Size Limited to 22 attendees - please sign up at The Wellness Spa front desk or call 715-341-3333 to reserve your place in this incredible day designed just for women. Day Camp is a pre-pay registration (\$50 non-refundable cancellation fee)

Held at The Wellness Spa, 3916 Water Street, Stevens Point, WI 54481 www.WellnessSpaResort.com