

Calling All Women... Join us for this Transformational Experience!

CAMP GODDESS™



Friday & Saturday - May 2nd & 3rd 2025

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 within you just waiting to get out!

~ Limited to 30 Goddesses ~

Register by April 12th for early bird rate of only \$169

Rate after April 12th = \$199 per person.

Camp Goddess Experience Includes:

- Discover Your Goddess Within Workshop
- Meditative Vision Board Workshop
- Awaken the Goddess Within Qigong Workshop
- CLUBDANCE Class
- Mindful Flow Yoga Class
- Wellness Trends & Myths Exploration Class
- Relaxing & Therapeutic Spa Services
- Aromatherapy
- Salt Spa Sessions
- Walking the Labyrinth, Singing Bowls, Relaxation Rooms
- Lunch Buffet, Morning Treat & Snacks throughout weekend
- Goddess Gift Bag filled with goddess essentials (\$30 value)
- 20% Off Clarity Boutique Retail Therapy
- Invaluable shared experience with like-minded awesome women!



Visit www.WellnessSpaResort.com
for full Retreat Brochure and Registration Form

The Wellness Spa 3916 Water Street, Stevens Point, WI 54481 715-341-3333



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.



Let's Get Started...

May 2-3, 2025

Friday's Goddess Goals: Discovery

5:30-6:00 pm	Registration – Receive Complimentary Goddess Gift Bag of Goodies
6:00-6:15	Welcome & Introduction of Saturday's Presenters & Instructors
6:15-9:00	<p>Discovering Your Goddess Within Presenter: Deborah Adams</p> <p>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.</p>

Saturday's Goddess Goals: Gratitude & Joy

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

9:00-10:25 **Meditative Vision Board Workshop** **Presenter: Angela May**

Tune into your visions through creativity, meditation, and intention setting in this relaxed vision board workshop. Working independently with gentle guidance, you will create a vision board that highlights your goals, dreams, and heart's path in a relaxed environment. Vision boards are a fun and visually pleasing way to set goals, reflect on what you want in life, and tune into your values and affirmations. All supplies provided. Allow Angela to guide you into balancing your mind, body, and soul while you allow yourself to open up to joy and a sense of well-being, clarity and future mindset in this interactive workshop!

10:35-12:00 **Awaken the Goddess Within** **Presenter: Deborah Adams**

This is what started it all. This Qigong form was the origin of the "Goddess Revival" in Deborah's own life and was the basis of Camp Goddess. Let Deborah guide you through 12 simple, yet empowering Qigong movements in a form she designed specifically for the transformation of a woman into the goddess she is. Combining the power of Words with Intention, Movements made for Women, and Healing Breathwork, you will feel the difference in your emotional and physical being as you become enlightened into your own personal empowerment, natural beauty within yourself, and opening to the courage and strength you possess to move forward into a life of peace, love, and joy.

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

Salad bar includes mixed greens, proteins, cheeses, a variety of vegetables and legumes. Main Grain Breads and gluten-free choices. A variety of The Wellness Spa's indulgent truffles 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 20-minute Spa Treatment**

(Must sign up prior to day of service to ensure your place – Spa treatment options on next page)

♥ **Breathe deep with a Complimentary Salt Spa Session: 1:00-1:45 / 2:00-2:45 / 3:00-3:45**

♥ **Shop in Clarity Boutique** (Goddesses receive 20% off Camp Goddess weekend)

♥ Play singing bowls, wander the labyrinth, relax in our swing porch, or scent your bracelet with aromatherapy oils of your choice (aromatherapy only available from 1-3pm)

Or... ♥ **Enlighten Your Inner Goddess** by joining one or all of our Optional Classes below:

Optional Classes

1:00-1:45 **Wellness Trends & Myths** **Instructor: Shannon Ramsey**

Detox Diets, Intermittent fasting, Meditation, "Toning" vs Strength Training, "10,000" steps a day vs movement... In a world flooded with wellness advice, how do you know what truly works or what's a passing fad? This engaging presentation will explore the top wellness trends, exploring their myths and misconceptions, separating fact from fiction using scientific research and expert insights. By the end of this session, you'll have a clearer understanding of which wellness practices are worth your time and which ones are just clever marketing.

2:00-2:45 **Mindful Flow Yoga** **Instructor: Angela May**

Deepen your connection to your body and breath through mindful movement. This class will explore and use a combination of various asanas and practices to improve strength, increase flexibility, and enhance awareness. Please bring your own personal yoga mat, water bottle, and towel - all other equipment will be provided. (extra mats are available if needed).

3:00-3:45 **CLUBDANCE** **Instructor: Ashley Becker**

This energetic afternoon 'waker-upper' is a hip-hop inspired cardio dance fitness class. The original choreography is fun, repetitive and easy to follow. Through a proven formula, the format generates a great cardio workout that will have you forgetting about exercise and focused on having fun! Please wear athletic footwear, but all are encouraged to work at their own pace – athletic ability or dance experience not required.

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!**

Presenters: Deborah Adams

Conclude your goddess journey with a closing ceremony to release your new awakened goddess and celebrate your fresh empowered self to the world!

Complimentary Spa Treatment Choices:

Mini Back Massage

Enjoy a relaxing massage for your back and neck as a quick massage refresher to relax and renew.

Reflexology Treatment

Relax while we wrap your feet in hot towels to prepare them for a relaxing yet invigorating reflexology foot massage.

Ayurvedic Face Massage

Incorporating ancient, holistic Marma Points into this relaxing face massage will allow you to sink into a deep relaxing state.



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, Water Dragon Inn overnight accommodations, and The Wellness School; Clinical Massage Therapy Training program and facility. 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 uses her experience from 25+ years as a Licensed Massage Therapist, massage therapy instructor, 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



Angela May knew her path in life was to share the knowledge and wisdom of yoga after completing her 200-hour yoga teacher training in Sacred Valley, Peru. As a professional yoga instructor, shamanic practitioner and healer, Angela guides people into listening to their inner self, stepping out of their comfort zone, and exploring their inner wisdom and ability to heal. Angela shares her creativity and talents as a local artist and co-created "Vibin' in the Pines" music, art and flow festival to bring an opportunity for many artists to share their own talents. She also teaches Meditation & Mindful Yoga, Salt Spa Yoga, Soothing Sound classes and specialty workshops at The Wellness Spa.



Shannon Ramsey has dedicated over 30 years to the health and wellness industry, including 25 years as the Health and Wellness Director for the Woodson YMCA in Wausau as well as five years as a massage therapist. With a passion for empowering women, she combined hands-on expertise with science-backed insights to help individuals navigate wellness trends, debunk myths, and achieve balanced, sustainable well-being. As a speaker, she inspires audiences to take control of their own personal health and embrace a holistic approach to wellness.



Ashley Becker never planned to be a fitness instructor but big life changes in 2021 compelled her to take yoga training RYT 200 and Club Dance. As a former elementary educator, teaching came naturally to Ashley and she realized that facilitating fitness classes was transformational and lots of fun – she's been teaching ever since! Besides teaching Yoga and Club Dance, you can also find Ashley singing around town with a couple different bands. And as a single mom of four children, she is busy getting kids where they need to go, but still finds time for hiking, golfing, volunteering in her kid's classrooms, cold plunging/sauna, and outside adventures.

Camp Goddess Registration Form

May 2-3, 2025

Limited to 30 Goddesses!

Mail registration and payment by April 12th for early bird rate of only \$169.

Rate after April 12th = \$199 per person.

Registration fee includes all Workshop and Class Sessions, Wellness Spa Treatment, Salt Spa Session, Goddess Lunch plus all snacks and beverages throughout weekend, Clarity Boutique 20% Off Coupon, Exclusive Goddess Gift Bag of goodies (\$30 value)

Name _____ Phone _____

Address _____ E-mail _____

Do you have any special needs we should be aware of? NO YES Please explain: _____

Please indicate your Complimentary Wellness Spa Treatment (choose one)

- Mini Back Massage
- Reflexology Treatment
- Ayurvedic Face Massage
- I prefer to not have a spa treatment

Please indicate your Afternoon Class Choices:

1:00-4:00 (Choose 1-3 Classes - we will try to work your spa treatment in between your workshop choices if 2 or less are chosen)

- Wellness Trends & Myths
- Mindful Flow Yoga
- CLUBDANCE

First Time Goddess Attendee

Returning Goddess ~ when did you last join us? _____

Waiver and Release: I understand the activities that I may participate in at Camp Goddess™, a division of The Wellness Spa, Inc., includes but are not limited to Qigong and Yoga classes, workshops, walking activities, massage and/or bodywork, Qi Garden Salt Spa session, Goddess lunch, as well as use of The Wellness Spa and The Wellness School facilities. I agree to assume all liability and release The Wellness Spa, Inc. from any liability for the risk of injury, illness or death on account of my presence at The Wellness Spa and/or The Wellness Spa staff or another person on the premises. This includes, without limitation, use of the locker room, sauna, parking area, sidewalk, any equipment used, and participation in any activity, class, program or instruction. I agree that I am voluntarily participating in these activities and using these facilities and premises and assume all risk of injury, illness, damage or loss to myself or any of my property that may result, including without limitation, any loss or theft or any personal property. I agree on behalf of myself (and any agents, representative, successors, and assigns) from any and all claims or causes of action (known and unknown) arising out of negligence.

I hereby irrevocably authorize The Wellness Spa, Inc. and its agents to use my photograph/likeness/voice, as it pertains to my participation with The Wellness Spa's Camp Goddess Event, in any manner for promotional efforts without expectation for any reimbursement in connection with its use.

I acknowledge that I have carefully read this waiver and release and fully understand that it is a release of liability. I am waiving any right that I may have to bring a legal action to assert a claim against The Wellness Spa, Inc. for its negligence.

Signature: _____

Date: _____

Camp Goddess Tuition Paid \$ _____ (\$169 or \$199 rate)

- I am enclosing a check for the above total to **The Wellness Spa, Inc., 3916 Water Street, Stevens Point, WI 54481**
- Bill my Visa, Mastercard, Discover, or American Express card (please call The Wellness Spa directly 715-341-3333 for security of card)

Questions? Please call us at (715) 341-3333 or 1-877-341-WSPA

\$50 non-refundable fee for cancellations.

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