

Women's Outdoor Weekend

July 8 - 10, 2011



Friday Registration All Day

8:00pm **Circle Dancing & Ice Breaker Games**
Ciann Strickland & Marion Knapp

9pm **Campfire Welcome**

Saturday

8:30 am **Breakfast & Nature Hike**

Swedish Massage
Practitioner, Bev Lynch
Email firefly@amtelecom.net
or call 705-859-1317 to
book a private appointment
Special rate \$25.00 – ½ hr

10 am **Chakra Balancing**
With Soul Hope
Guided Meditation
With Soul Hope
Healing Circle
With Soul Hope

11am **Laughter Yoga**
Instructor, Sari Huhtala

12 pm **Lunch**

1 pm **Nature Friendly Gardens**
With Jean Narozanski

2:00pm **Blue Bird Birdhouse**
Instructor, Terry Gordon

3:00- 6 pm **Solar Heated Pool with Deck**
Swim, Snooze, Sunbathe

6 pm **Supper**

7pm **Stamp Carving & Letterboxing
Treasure Hunt**
Instructor, Jen Gordon

9pm **Campfire "Girls Night Out"**
Bring your own drinks, snacks,
talents & sense of humour

Sunday

8:30 am **Breakfast & Nia**
The Joy of Movement
Instructor, Sherry Case

10:00 am **Foot Bath Delight**
Bring a washbasin
Instructor, Bev Lynch

11:30pm **Wind Up Luncheon**

Some Activities May Change

Please bring your own dishes & cutlery for the meals, washbasin for footbath, a tent, sleeping bag, pillow & mat, swimsuit & towel, camera, yoga mat, carving tools, sunscreen, bug repellent, rain gear, flashlight, warm clothes, proper footwear.



Women's Weekend Registration Form

Name _____

Address _____

_____ PC _____

Phone _____ Fax _____

Email _____

Please tick activities you are interested in:

- Circle Dancing & Ice Breaker Games
- Campfire Welcome
- Laughter Yoga
- Chakra Balancing
- Guided Meditation
- Healing Circle
- Nature Hike
- Nature Friendly Gardens
- Bluebird Birdhouse
- Swim, Snooze, Sunbathe
- Letterboxing
- Campfire "Girls Night Out"
- Nia
- Foot Bath
- Wind Up Luncheon

Registration Fee is \$190.00 & tax and includes two nights camping (B&B, Tipi's & Camping Cabins available), delicious nutritious meals, all nature workshops, craft supplies, etc. Advance registration by July 1st, 2011 would really be appreciated. Pay with Visa or MasterCard or mail certified cheque or money order with registration form to:

Gordon's Park
18777 Hwy 6,
Tehkummah, Manitoulin Island, Ontario
POP 2CO

Ph/Fax: 705-859-2470

Email: info@gordonspark.com

Web: www.gordonspark.com