

Women's Outdoor Weekend

June 18-20, 2010



Friday **Registration All Day**

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

9pm **Campfire Welcome**

Saturday

8:30am **Yoga & Breakfast**
Instructor, Tammy Albers

9:30am **Spa Hand Treatments**
With Diva, Karin Bates

10am **Relaxing Mini Facials**
With Tammy White

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

11am **“Leeks & Edibles” Guided Hike**

12 pm **Lunch**

12:45 pm **Outdoor Cooking**
BBQ Chicken, Rubs & Sauces
Nutritionist, Tammy Albers

1:00pm **Nature Craft – Butterfly House**
Instructor, Terry Gordon

2:00pm **Wood Chip Carving**
Instructor, Tammy Albers

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

6 pm **Supper**

7pm **Mini Putt Challenge**

9pm **Campfire “Open Mike”**
(Without the Mike)
Bring your own drinks, snacks,
talents, skits & sense of humour

Sunday

9am **Nia & Breakfast**
The Joy of Movement
Instructor, Sherry Case

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

11:30pm **Wind Up Stone Soup Lunch**
Nutritionist, Tammy Albers

Some Activities May Change

Please bring a food item for the stone soup, your own dishes & cutlery for the meals, washbasin for facial & footbath, a tent, sleeping bag, pillow & mat, swimsuit & towel, camera, yoga mat, 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
- Yoga
- Spa Hand Treatment
- Mini Facial
- Leeks & Edibles Nature Hike
- Butterfly House
- Wood Chip Carving
- Swim, Snooze, Sunbathe
- Mini Putt Challenge
- Open Mike Campfire
- Nia
- Foot Bath
- Wind Up Stone Soup Luncheon

Registration Fee is \$175.00 & gst and includes two nights camping (B&B, Tipi's & Camping Cabins available), delicious nutritious meals, all nature workshops, craft supplies, etc. Advance registration by June 1st, 2010 would really be appreciated. Mail certified cheque or money order with registration form to:

Gordon's Park
18777 Hwy 6,
Tehkummah, Manitoulin Island, Ontario
POP 2C0

Ph/Fax: 705-859-2470

Email: rita@gordonspark.com

Web: www.gordonspark.com