

# Awakened Woman Weekend August 16th - 18th, 2019

Summer Retreat for Women to Reconnect, Recalibrate & Replenish Strength - Beauty - Vision



All 3 Days  
Special  
**\$110**

## Come any day - OR - stay the whole Weekend!

Customize a relaxing weekend retreat in nature, giving you free-time & facilitated group experiences to re-awaken your innate strength, beauty and vision in the company of women. Mary Foran will guide you in this 3 day journey, starting with Friday night's Rattle & Hum Soundscape, followed by Saturday's Awakening Woman Restorative Yoga Journey with Massage & Art Journaling. Then on Sunday, learn how to nurture your Awakened Woman through effective mind & body practices with a take-home handout to support your ongoing practice.

Camp overnight at Shady Pines Campground - or - return home at night to sleep in the comfort of your own bed! During your retreat you have access to Shady Pine's facilities, nature trails and organized: fire-pit, potluck & picnic socials.

**OPTIONAL: Tent/Service Site \$40/\$49 per night / Sat 8am/Sun 8:30am Continental Breakfast \$6 per day**

**Camping Reservations:** Women of the AWW Weekend receive 10% off Tent/Services Sites - Inquire when booking!  
**RSVP for:** Continental Breakfasts / Sat 11AM-or-2PM Awakening Journey / Seating for Sat Potluck & Sun Picnic

### Friday 16th

6pm Front Gate Check-in  
7pm Firepit Rattle & Hum  
Soundscape

**Take-home Rattle Included**

9pm FirePit Social

**\$30**

6PM-11PM

### Saturday 17th

8am Front Gate Check-in  
9:30am Opening Circle  
11AM - or - 2PM

AM/PM Awakening Journey (2hr)

5pm Potluck Dinner Social

7:30pm Fire Pit Closing Celebration

9pm FirePit Social

**\$75**

8AM-11PM

### Sunday 18th

8:30am Front Gate Check-in  
10am Awakened Woman  
Ongoing Self-Care Practices

12:00pm **Closing Picnic Social**

**Lunch Included**

**\$30**

8:30AM-2PM

*Limited Space - Reserve your Spot!*



**For Payment - contact Joyce Schlegel & reserve with Debit/Credit/Cash:**

519-232-4210 - joyce@shadypinescampgrounds.com - [www.shadypinescampgrounds.com/AWWRetreat](http://www.shadypinescampgrounds.com/AWWRetreat)

**For Inquiries - contact Mary Foran & visit website for her bio and offerings**

647-449-9642 - info@functionalyoga.ca - [www.functionalyoga.ca](http://www.functionalyoga.ca)