

registration form

Wabowden Women's Wellness Weekend

Last Name:

First name:

Address:

Town:

Postal Code:

Phone Number:

Require Accommodations:

YES

No

registration fees

Registration.....	\$40
Accommodations.....	Free
Meals.....	Free
All sessions and events.....	Free
Painting class (optional).....	\$40
[cover cost of canvas/paints]	

Total enclosed \$ _____

Cheque payable to: CDPI-Wabowden

Mail to:

CDPI-Wabowden
Box 77
Wabowden, MB
R0B 1S0

WHAT TO BRING

- Lawn chair
- Yoga mat or towel
- Bedding (pillow & blankets)
- Personal hygiene items
- Sunscreen
- Bug spray
- Own water bottle
- Coffee mug
- Skirt (for grief session and ceremony)



Weekend Schedule

<p>August 18th Fireside @ 7pm</p>	<p>August 19th All day sessions beginning at 10am</p>	<p>August 20th Wrap up at noon</p>
----------------------------------------------	--------------------------------------------------------------------------	---------------------------------------------------

Accommodations are bunkhouse style



Wabowden women's WELLNESS WEEKEND



august
18—20
2017





Women · Wisdom · Wellness ·

*All women interested
in creating and
strengthening bonds with
other women*



Weekend offerings

- Create a garden stone
- Create a bead bracelet
- Make a potted herb garden
- Make a sweet grass brooch

THIS WEEKEND YOU
HAVE CHOICES IN

- Drumming ceremony
- Evening fireside
- Manicure, pedicures and facials
- Grief support sessions
- Pound- fitness inspired by drumming
- Yoga and Zumba
- Moon ceremony
- Awareness/Intentions workshop- Living
Life in Gratitude



*Where every woman is
honoured*

