

## Registration Form

### Wabowden Women's Wellness Weekend

Name:

Address:

Town:

Postal Code:

Phone Number:

Email:

Require Accommodations: Y\_\_N\_\_

## Registration Fees

Registration\_\_\_\_\_ \$60

Painting Class(optional)\_\_\_\_\_ \$10

(Covers cost of canvas /paints)

Registration fee includes meals, accommodations, and all other sessions & events.

Cheque Payable to :

CDPI-Wabowden

Box 77, Wabowden MB R0B 1S0

Contact:

Cindy Jonasson (204) 679-8468

## What to Bring

- \* Lawn Chair
- \* Yoga mat or towel
- \* Bedding ( pillow & blanket)
- \* Personal Hygiene items
- \* Sunscreen/Bug spray
- \* \$ - raffle tickets for quilt
- \* Personal water Bottle
- \* Coffee Mug
- \* Skirt (sweat lodge ceremony)



## Weekend Schedule

<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>August 17</b>	<b>August 18</b>	<b>August 19</b>
Registration 5 pm	Sunrise Yoga	Sunrise Yoga
Fireside Supper	Breakfast	Breakfast
6 pm	8 am	8 am
Events 7pm	Events all day	Wrap up 3 pm



## Wabowden Women's Wellness Weekend



August 17-19th  
2018





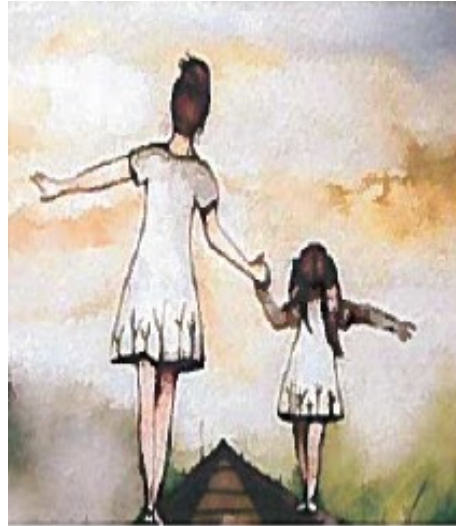
*All women interested  
in creating and  
strengthening bonds  
with other women*



*Where every  
woman is  
honoured*



*Women · Wisdom · Wellness ·*



## **Weekend Offerings**

Canvas Painting

Creating jewelry

Potted herb garden

Create sweet grass brooch



This weekend you  
have choices in

- \* Evening fireside
- \* Mani, Pedi and facials
- \* Cedar Baths
- \* Yoga and Meditation
- \* Sweat lodge
- \* Massages
- \* Laughing Yoga
- \* Food for Healthy Life

