



# CAMP GODDESS

*The Wellness Spa®*

## The Camp Goddess™ Experience

Combining experiential workshops, movement classes, spa treatments, salt spa therapy, woman-to-woman connections, and ancient healing rituals ~ Camp Goddess™ is a one-of-its-kind renewal weekend sure to break you out of old patterns and awaken your body, mind and soul to the thriving goddess you are!

Prepare yourself for a weekend of self-discovery, mind-body-spirit awareness, clarity and probable change with some added relaxation time designated just for you. Learn from experienced women and the wisdom they can share to help you unlock your own inner wisdom, strength and vision.

Celebrate being a woman. Celebrate sharing this time with other women. Transform yourself into the woman you know you are and want to be. Here is your chance; attend CAMP GODDESS™ and unleash your goddess within.



Discover

Grow



Play

Relax



Move

Shift

Be



## Saturday Conclusion

3:45-4:00 **Light Snack & Time to Re-Group**

4:00-5:00 **Reflection & Renewal of Your Goddess Within**

**Presenter: Deborah Adams**

A time to gather, discuss, and recall key points to continue your path towards living your goddess self each and every day forward. This is a continuation of Friday's 'Discovering Your Goddess Within' class.

5:00-5:30 **Conclusion & Goddess Journey to a New You!**

**Presenters: Deborah & Connie**

Conclude your goddess journey with a closing ceremony to release your new awakened goddess and celebrate your fresh empowered self to the world!

### Complimentary Wellness Spa Treatment Choices:

#### Mini Massage

Designed for site specific massage such as neck, shoulders, or problem areas or as a quick massage refresher to relax and renew.

#### Sole Serenity

Relax while we wrap your feet in hot towels before exfoliating your lower legs and feet to prepare them for a relaxing aromatherapy foot massage.

#### Total Tranquility

This relaxing facial massage can change your mood, enhance deep relaxation and even leave you looking and feeling years younger.

#### Hot Stone Back Indulgence

Warm smooth stones are used to promote deep muscle and tissue relaxation to relieve pain, increase circulation and alleviate tension.

#### Enzyme Therapy Facial

Using natural exfoliants to separate dry, dead cells and lift them from your skin, this is the perfect mini facial treatment to brighten your appearance.

#### Essential Manicure

Thorough nail and cuticle care, nail shaping and filing, exfoliating scrub and lotion application, completed with the nail color of your choice.



## Camp Goddess Presenters

**Deborah Adams** is a Thought Leader and Wellness Expert. Founder and CEO of The Wellness Spa, Inc. in Stevens Point since 1994 and co-owner of Wisconsin's first Halotherapy center, the Qi Garden Salt Spa since 2014. Deborah expanded into the fashion-world in 2016 opening Clarity Boutique. She was an AMTA licensed massage therapist for 25 years and is currently certified in Tai Chi & Qigong, Therapeutic Lifestyle Change, and Human Performance. She offers lectures, training, and retreats in stress management, empowerment, self-care, customer retention and entrepreneurship. She has recently partnered with her husband to offer Business Coaching and Consulting to businesses in the healing arts arena. To contact her visit [DeborahAdams.net](http://DeborahAdams.net) or [WellnessSpaResort.com](http://WellnessSpaResort.com)

**Connie Todd Lila** studies Herbalism, Aromatherapy and Plant Energy at a live-in herbal retreat center just inside the Boreal Forest. UW-Extension Office Master Gardener in Douglas County, she became a popular community educator, regularly speaking on all things herbal to groups at Lake Superior College, Wisconsin Indianhead Tech College and for professional and private garden and civic associations, spent several years on the Board of Directors for a family crisis center in Northern Wisconsin and consecutive terms as Vice President and Volunteer Victim Advocate. She now brings her passion for peaceful, natural therapies to guests of the Qi Garden Salt Spa as Lead Saltologist.

**Ana Merchak** lives a vibrant, peaceful life in Stevens Point. Studying yoga for over a decade, she is a practitioner of living in the present moment, a seeker of synchronicity and believes that life unfolds in perfect harmony. Ana is a registered yoga teacher (RYT 200) by Yoga Alliance and registered Prenatal Yoga teacher (RPYT) and she holds multiple certifications through YogaFit. With her Health Promotion & Wellness degree from UWSP, she has worked with many organizations in implementing their wellness programs and currently works as a Wellness Coach for Goodwill NCW. [www.AnaMarieYoga.com](http://www.AnaMarieYoga.com)

**Judy Butcher** began EarthWonders Yoga, LLC in 2015 after experiencing the illness and death of her brother. Judy is certified under world renowned guru Judith Hansen Lassiter. She currently combines Restorative Yoga, the Wisdom of Nature, and her 35+ year spiritual practice to offer classes for Grief, Loss, Life Transitions and an ongoing Restorative Yoga practice of Relaxation and Renewal. She holds classes for corporate and individual attendees and offers Restorative Yoga series sessions at The Wellness Spa. [www.EarthWondersYoga.weebly.com](http://www.EarthWondersYoga.weebly.com)

# Camp Goddess Registration Form

October 13-14, 2017

## Limited to 30 Goddesses!

Mail registration and payment by September 16<sup>th</sup> for early bird rate of only \$149.

Rate after September 17<sup>th</sup> = \$199 per person.

Registration fee includes all Workshop and Class Sessions, Wellness Spa Treatment, Salt Spa Session, Goddess Lunch plus all snacks and beverages throughout weekend, Clarity Boutique 25% Off Coupon, Exclusive Goddess Gift Bag of goodies.

Name \_\_\_\_\_ Phone \_\_\_\_\_  
Address \_\_\_\_\_ E-mail \_\_\_\_\_  
\_\_\_\_\_

Do you have any special needs we should be aware of?  NO  YES Please explain: \_\_\_\_\_

### Please indicate your Complimentary Wellness Spa Treatment (choose one)

- |  |  |
|--|--|
| <input type="checkbox"/> Mini Massage          | <input type="checkbox"/> Total Tranquility         |
| <input type="checkbox"/> Sole Serenity         | <input type="checkbox"/> Hot Stone Back Indulgence |
| <input type="checkbox"/> Enzyme Therapy Facial | <input type="checkbox"/> Essential Manicure        |

### Please indicate your Afternoon Workshop choices:

1:00-4:00 (Choose 1-3 Classes - we will try to work your spa treatment in between your workshop choices if 2 or less are chosen)

- Walking the Labyrinth
- Personal Massage for Health
- Flow Yoga

**First Time Goddess Attendee**

**Returning Goddess** ~ when did you last join us? \_\_\_\_\_

**Waiver and Release:** I understand the activities that I may participate in at Camp Goddess™, a division of The Wellness Spa, Inc., includes but are not limited to Qigong and Yoga classes, workshops, walking activities, massage and/or bodywork, Qi Garden Salt Spa session, Goddess lunch, as well as use of sauna and locker room facilities. I agree to assume all liability and release The Wellness Spa, Inc. from any liability for the risk of injury, illness or death on account of my presence at The Wellness Spa and/or The Wellness Spa staff or another person on the premises. This includes, without limitation, use of the locker room, sauna, parking area, sidewalk, any equipment used, and participation in any activity, class, program or instruction. I agree that I am voluntarily participating in these activities and using these facilities and premises and assume all risk of injury, illness, damage or loss to myself or any of my property that may result, including without limitation, any loss or theft or any personal property. I agree on behalf of myself (and any agents, representative, successors, and assigns) from any and all claims or causes of action (known and unknown) arising out of negligence.

I hereby irrevocably authorize The Wellness Spa, Inc. and its agents to use my photograph/likeness/voice, as it pertains to my participation with The Wellness Spa's Camp Goddess Event, in any manner for promotional efforts without expectation for any reimbursement in connection with its use.

I acknowledge that I have carefully read this waiver and release and fully understand that it is a release of liability. I am waiving any right that I may have to bring a legal action to assert a claim against The Wellness Spa, Inc. for its negligence.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Camp Goddess Tuition Paid**      \$ \_\_\_\_\_      **(\$149 or \$199 rate)**

I am enclosing a check for the above total to **The Wellness Spa, Inc., 3916 Water Street, Stevens Point, WI 54481**

Please bill my Visa, Mastercard, Discover, or American Express Card # \_\_\_\_\_ Expiration \_\_\_\_\_  
Signature: \_\_\_\_\_

**Questions? Please call us at (715) 341-3333 or 1-877-341-WSPA**

**\$50 non-refundable fee for cancellations.**