



## ReTreat Yourself Guest Itinerary & Workshop List

Friday, May 5, 2017:

<i>Time</i>	<b>Activity</b>	<b>Details</b>	<b>Location</b>
3 p.m. +	Check In and Registration Begins	Check in at Guest Services and we'll greet you with your cabin key and get you settled in.	Guest Services, Main Lodge
6 p.m.	Social Hour	Pop in for the official start to our weekend away!	Alford Room, Main Lodge
7 p.m.	Welcome and Food Serving	Welcome from the organizers; special speaker, dinner stations and servers.	Dining Room, Main Lodge
8 p.m.	Restorative Yoga	Led by Ellie McMillan, open to all guests	Garden Room

Saturday, May 6, 2017:

<b>Time</b>	<b>Activity</b>	<b>Details</b>	<b>Location</b>
7:30 a.m.	Rise and Shine early-morning Yoga	Led by Ellie McMillan, open to all guests	Garden Room
7:30-10:30 a.m.	Breakfast Served		Dining Room, Main Lodge
9 a.m. – 5 p.m.	Spa services available	Includes: express manicures, express pedicures, reflexology and massage (Book via contacting us at ReTreat Yourself, pay the service provider at appointment)	Location to be finalized
9:15-10:30	Session #1	<ol style="list-style-type: none"> <li>1. How not to lose your sh*t every day: A Stress Management and Mindfulness Workshop</li> <li>2. Pilates Class</li> <li>3. Bicycle Tour Along the Cataragui Trail (Max 6)</li> <li>4. Down Time</li> </ol>	
10:45-12:00	Session #2	<ol style="list-style-type: none"> <li>1. Lettering with Love Workshop (Max 15)</li> <li>2. Boot Camp: Cardio &amp; Plyometric Class</li> <li>3. Guided Walking Tour of Chaffey's Lock (max 20)</li> <li>4. Down Time</li> </ol>	
12:30-2:30 p.m.	Lunch Served		Dining Room, Main Lodge
2:00 p.m.	Session #3	<ol style="list-style-type: none"> <li>1. Is Sex Another Chore on your To-Do list?</li> <li>2. Guided Kayak on Lake Opinicon (max 6)</li> <li>3. Stretch Yoga Class</li> <li>4. Down Time</li> </ol>	
3-6 p.m.	Midnight Makers Pop-Up Shop	The Midnight Makers is a collective of local makers who will have their wares for sale. Take a moment to pop in, shop and treat yourself. It's like Etsy – but in real life.	Ice Cream Shop

4-6 p.m.	Chill Time	Take a nap, book a spa service, check out the pop-up shop, catch up with friends, read by the water, take out the canoe, and more.	
6:00 p.m.	Cocktail Hour	Social time!	Alford Room, Main Lodge
7:00 p.m.	Dinner Served	Enjoy a full-out buffet from the Opinicon's Chef Angela.	Dining Room, Main Lodge
8:30 p.m.-10 p.m.	Dance Party	Clear the floor! Get your Jennifer Gray/Glee/Mom Dance moves ready for our Girls' Gonna Have Fun Dance Party. You deserve a fun night of dancing, singing on the top of your lungs, and pretending you're in college all over again (Hello, Baby's Got Back!). We'll host a dance party set for you that evening where there will be no judging, plenty of yoga pants, and just good times.	Alford Room, Main Lodge

Sunday, May 7, 2017

<b>Time</b>	<b>Activity</b>	<b>Details</b>	<b>Location</b>
7:30 a.m.	Rise and Shine early-Morning Yoga	Led by Ellie McMillan, open to everyone	Garden Room
7:30-10:30 a.m.	Breakfast Served		Dining Room, Main Lodge
9:00-10:15 a.m.	Session #4	<ol style="list-style-type: none"> <li>1. You Are What You Write - A Journaling Workshop for Women</li> <li>2. Boot Camp: Cardio and Core Class</li> <li>3. Easy Trail Run/Hike: All Levels</li> </ol>	

		4. Down Time	
11:00 a.m.	Departure and Goodbyes	Check out at main lodge	Guest Services, Main Lodge

## Workshops and Classes:

### Rise and Shine (Saturday and Sunday Morning Classes)

A flow-y hatha yoga class to welcome the morning and to start your day off more connected and limber. All levels welcome and no sign-up required.

Session #1:

### How not to lose your sh\*t every day: A Stress Management and Mindfulness Workshop

*Instructor: Shulamit Ber Levtov*

Long-term stress relief is an inside job. Learn why we flip our lids when the sh\*t hits the fan and how to put the lid back on—in a healthy way—so that you can feel good and still cope effectively with what life is throwing at you.

### Pilates

*Instructor: Catherine Ball*

From gentle movement to more advanced poses, Pilates will help you build your core and postural strength while working all muscles for a leaner, stronger frame.

### Bicycle Tour on the Cataraqui Trail

*Instructor: Rideau Tours*

Want a perfect way to start your morning by getting on a bicycle on a well-

groomed trail? This 1-hour guided cycle tour on the Cataraqui Trail showcases one of the most scenic sections of the Trans Canada Trail system. All levels and includes bike and helmet. (Max 6)

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## Session #2:

### **Lettering with Love Workshop**

*Instructor: Jaana Brett*

Learn to love your handwriting! This workshop teaches you to let go of past writing habits and fears by learning how to look at letters and hand writing tools in a new and therapeutic way. We start by exploring a little history, font therapy and some meditative techniques to unleash the art of lettering for love, not necessity. You'll learn how to use all the basic tools like pencils, crayons, markers and brushes with watercolour. After some practice exercises we get into the exciting realm of techniques and creativity where you will work on a final piece of lettering using your favourite words, quote or name. (see below for examples of what you'll bring home!) (Max 15)



### **Boot Camp: Cardio and Plyometrics**

*Instructor: Shannon Baillon*

Mix of running and body weight exercises/plyometrics to get your heart rate up and take in the beautiful surroundings at the same time. There will be a

mix of upper and lower body exercises. This workout will be done without any equipment to show you that you don't need a fancy gym to get in a good workout! What to bring – towel, water bottle, running shoes and the willingness to work hard

### **Walking Tour of Chaffey's Lock**

*Instructor: Rideau Tours*

Get your personal tour of a gorgeous little hub in the Rideau Lakes region! This one-hour guided Walking Tour of Chaffey's Lock includes the Mill Art Gallery, Lockmaster's House Museum, Heritage Cemetery and the Cataraqui Trail's Iron Bridge. It's a perfect mix of getting light exercise, viewing the landscape and getting a cultural and historic experience.

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### Session #3:

#### **Is Sex another Chore on your 'To-do' List?**

*Instructor: Sharon Klinck*

Are women really less interested in sex than men? What are the factors that tend to affect women's interest in being sexual?

How do women get their mojo back?

Yep, we're going there.

We will talk about what works to maximize a woman's sexual wellbeing, including talking about sex researcher Emily Nagoski's 'accelerator versus brakes' concepts (or turn-ons and turn-offs) and Barry & Emily McCarthy's take on developing a couple sexual style that includes intimacy and eroticism. We'll also explore your conditions for 'good' sex and understanding your partner's conditions (and, have you even shared those conditions?).

## **Guided Kayak Paddle Tour on Lake Opinicon**

*Instructor: Rideau Tours*

Discover Lake Opinicon! On this 1.5-hour guided paddle tour on Opinicon Lake + a laminated chart of your paddling route; kayaks and life jackets supplied. (Max 6)

## **Down Home Stretch (Saturday midday class)**

This is a good old stretch class to get you moving midday between activities. A light warm up to get your blood flowing followed by a strong savasana. All levels welcome.

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## Session #4 (Sunday Morning)

### **You Are What You Write - A Journaling Workshop for Women**

*Instructor: Parrish Wilson*

The process of writing can change you – how you see yourself, how you perceive situations, and your thoughts and feelings toward others. Taking the time to journal when you feel down can lift you and allow you to see the brightness of possibility. Likewise, taking the time to write when you feel joyful can make the joy grow and create a sense of celebration. Through simple exercises facilitated by professional writing coach Parrish Wilson, you will learn to use journaling to process emotions and uncover deeper truths, to nurture yourself through both the highs and lows of life. A supportive journaling practice is one of the most valuable forms of self-care, cultivating a natural tendency toward self-compassion and love. (Max 20)

## **Boot Camp: Cardio and Core**

*Instructor: Shannon Baillon*

A strong core is essential in our day-to-day lives and this workout will focus on exercises to build all aspects of your core strength. We will start out with some cardio exercises to warm up and get the blood pumping. Then we will work through a variety of core exercises alternating with some body weight exercises. What to bring – towel, water bottle, running shoes and the willingness to work hard (Max 20)

## **Easy Trail Run/Hike**

*Instructor: Charity Frey*

Stretch your legs that morning and get out in nature for an easy trail run (or hike) on the Cataraqui Trail. Open to all levels.