

A decorative border in shades of pink and purple surrounds the central text. It features stylized flowers, butterflies, and swirling lines. The central text is contained within a pink rectangular box with a scalloped edge and a decorative border.

*Spirit Of Empowerment  
Women's Retreat  
April 16th - 17th, 2010*

**903.786.3148, ext. 100**  
**info@allsaintstexoma.org**  
**www.allsaintstexoma.org**

**All Saints Camp**  
**418 Stanton Way**  
**Pottsboro, TX 75076**

# *Spirit of Empowerment*

## *Women's Retreat*

Friday – Saturday Two Day Retreat  
Food, Lodging, and Retreat Sessions Included  
(Early Bird: \$75; after Feb. 1st: \$85)

Saturday Only (9am–6pm),  
Food and Retreat Sessions Included  
(Early Bird: \$50; After Feb. 1st: \$60)

Half-Day Saturday (9am–1pm OR 1pm–6pm)  
Lunch and Retreat Sessions Included: (\$30)

\*\*\*Members of The Episcopal Diocese of Dallas,  
Nautilus Fitness Centers or  
Texoma Area Moms Playgroup  
receive a \$10 discount on any registration option\*\*\*

### Friday Arrival

6:00 - 7:00pm	Registration, Choose classes, sign up for facials/messages/personal training sessions
7:00 - 8:00	Yoga or Evening Hike
8:00 - 10:00	Wine, Cheese, and S'mores Social around the Campfire

### Saturday Sessions

7:00 - 8:00am	Boot Camp, Trail Run, Mat Pilates
8:00 - 9:00	Breakfast Catered by Country Java
9:00 - 10:00	Zumba, Viniyasa Yoga, Zip Line, 3 Mile Hike
10:30 - 11:30	Belly Dancing Class, Tai Chi, Rock Wall, Kayak
12:00 - 1:00	Ballet-Based Conditioning Class, Sports Core Conditioning Class, Archery, Trail Run
1:00 - 1:45	Lunch and Giveaways!!!
2:00 - 3:00	Boot Camp, Mat Pilates, Trail Run, Zip Line, Kayak
3:30 - 4:30	Zumba, Viniyasa Yoga, Beginner Mt. Biking, Rock Wall
5:00 - 6:00	Kickboxing, Tai Chi, 3 Mile Hike, Trail Run
6:00pm	Departure and Sign Up for the Next Retreat!

*Registration: [www.active.com](http://www.active.com) Info: [www.allsaintstexoma.org](http://www.allsaintstexoma.org) Email: [info@allsaintstexoma.org](mailto:info@allsaintstexoma.org)*

This retreat was made possible by a grant from the Gaston Episcopal Hospital Foundation.