

*Spirit of Empowerment*



# **WOMEN'S RETREAT**

*Health & Wellness Camp*



April 16<sup>th</sup>-17<sup>th</sup>, 2010

**What to Bring:**

Clothes: Active Wear, Comfortable Clothes, and Pajamas

Rain Jacket/Poncho

Shoes: Sneakers

Yoga Mat

Pillow

Lawn Chair

Flash Light or Head Lamp

Water Bottle

Hydration System and/or Backpack for Hiking/Running

Toiletries

Shower Shoes

Camera

Fun Items (Party lights, feather boas, tiaras, etc.)

Beverage of Choice (alcohol is allowed and we will have wine, water, juice, soda, etc....)

Your Sense of Adventure

**What NOT to Bring:**

Laptop – Work

Job & Family Pressures

Worries

Pets