![C:\Users\user\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0N5WWPH6\yoga_girl_cartoon_jpg_w180h244[1].jpg]()**Heritage Lake Ladies Serenity Camp**

August 9 – 12, 2019

***A Pampered Introduction for Camping Guiders and Gals***

 **Free Sessions:**

* Yoga on the beach for all ages
* Drop in crafts & More
* Canoeing & swimming
* Mini hike around the lake
* Chair yoga (introductory session)
* Tie-dye t-shirt workshop
* Reading, rest and relaxation time

**Paid Sessions:**

* Stepping stones inlaid glass 3 hour session $10
* Creating natural salves and balms $10
* Color Theory Acrylic Painting Workshop $10
* Journal Hand Building Albums $10

Please bring cash (no personal cheques) to cover the cost of the “paid” sessions, as banking facilities are not available. Individual session fees will be charged on a cost-recovery basis.

Please note that this is an *adult camp* focused on rejuvenation, well being

and vitality.

For more information, phone Serenity Camp Director, Susan Prakash at 306-764-7021.

**Cost:** **Guiding Member - $135 includes GST**

 **Non-Guiding member - $215 includes GST**

 **One Day Fee-**$90(includes GST) 3 meals, all free sessions (no overnight)

**Registration Deadline: Monday, July 29, 2019**

Registrations are processed on a **"first come, first serve basis"**. The registration fee includes all food, accommodations and free sessions.Indoor accommodation in the sleeping lodge is limited, so register early! Outdoor tenting is available.

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**Heritage Lake Ladies Serenity Camp 2019 Heritage Lake August 9 – 12, 2019**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ iMIS #: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ City/Town: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ PC: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (h) \_\_\_\_\_\_\_\_\_\_\_\_\_ (w) Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Food allergies and physical restrictions: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I prefer to sleep in: \_\_\_\_\_Bunk (\_\_\_\_ top or \_\_\_\_\_ bottom) \_\_\_\_\_ Tent \_\_\_\_\_ Own Tent

My level in swimming is: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My level in canoeing is: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Fee: \_\_\_$135 \_\_\_$215 \_\_\_\_ $90 Amount enclosed: \_\_\_\_\_\_\_ (Cheques payable to Girl Guides of Canada, SK Council)

Or \_\_\_\_Visa \_\_\_\_ Mastercard Credit card # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Expiry Date: \_\_\_\_\_\_\_\_\_\_

**Return to:** Girl Guides of Canada, Saskatchewan Council

200-1530 Broadway Ave., Regina, SK S4P 1E2

**Refunds:** The fee is refunded less $25 administration fee until two weeks prior to the event. Within those two weeks, a written request must be sent to the provincial office for consideration of any refund.

**OR** Email: provincial@girlguides.sk.ca (Include all registration information)

**OR** Phone 306-757-4102 Toll-free 1-800-565-8111

**OR** Fax: 306-347-0995