**Heritage Lake Ladies Serenity Camp**

August 10 – 13, 2018

**“Taking time . . . . just for you!”**

**Free Sessions:**

* Yoga on the beach for all ages
* Drop in crafts
* Canoeing & swimming
* Beginner sketching and watercolor painting
* Chair yoga (introductory session)
* Tie-dye t-shirt workshop

**Paid Sessions:**

* Stepping stones inlaid glass 3 hour session $10
* Creating natural salves and balms $10
* 50 minute Reflexology $40
* 30 minute Mini Massages: scalp/back/face $25
* 50 minute Reiki session $35
* 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 - $130 includes GST**

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

One Day Fee: 3 meals + all free sessions (no overnight) $90 (incl.GST)

**Registration Deadline: Monday, July 30, 2018**

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 2018 Heritage Lake August 10 - 13, 2018**

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: \_\_\_$130 \_\_\_$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](mailto:provincial@girlguides.sk.ca) (Include all registration information)

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

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