**Heritage Lake Ladies Serenity Camp**

August 11 – 14, 2017

It's the "Get A Way" That You Deserve!

**Free Sessions:**

* Yoga on the beach for all ages
* Day hike to Old Trapper's Cabin
* Canoeing, swimming and water sports
* Old fashioned organic jam making class
* Wreaths and Whims craft making class

**Paid Sessions:**

* Stepping stones inlaid glass $10 for 3 hour session
* Creating natural salves and balms $10
* Reflexology $40 for 50 minutes
* Mini Massages: scalp/back/face $25 for 30 minutes
* Colour Energy soaps, salts and healing accessories $5 - $25.

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 $210 includes GST

One Day Fee $ 90 includes GST (includes 3 meals and all free sessions – no overnight)

**Registration Deadline: Friday, July 31, 2017**

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 2017 Heritage Lake August 11 - 14, 2017**

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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Optional: For grant purposes please self-identify if you are: €€ First Nations €€ Metis €€Inuit or €€ € an immigrant.

Fee: \_\_\_$130 \_\_\_$210 \_\_\_\_ $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