
INFORMATION

1. DATE: September 7-10, 2017

2. WHO: Women ages 18 or older who want to come to camp and be in nature to renew, replenish and retreat.

3. PROGRAM: Over the course of the weekend immerse yourself in activities to replenish the mind, body and spirit. Enjoy guided activities that range from yoga, art, writing, creating, archery, kayaking, information and self-discovery. Enjoy laughter, friendship, fun and relaxation during this long weekend of women, celebrating women. The 2017 program and workshop schedule will be posted online in the summer at <http://campbelknap.org/news-events/womens-retreat-weekend/>. In the meantime, you can view the 2016 schedule to see examples of previous offerings.

4. REGISTRATION: Please complete online registration form by August 10, 2017 with the non-refundable \$50 registration fee.

5. COST: Total cost is \$310/person includes \$50 non-refundable registration fee, food, lodging, classes, and workshops. Private treatments such as massage are separate. Fees will not be prorated if you are unable to attend the entire program. \$50 non-refundable deposit is due at the time of registration and rest of full payment is due by August 10, 2017.

5. SLEEPING: Upon arrival you will be assigned a cabin. These rustic cabins are one open room with several bunks/beds. They do NOT have bathrooms attached but have a communal bathroom approximately 100 yards away. We have limited cabins with bathroom facilities in the same building and there will be an extra charge of \$15/person for use of these cabins. These cabins will be assigned on a first come first serve basis with priority given to those needing physical assistance, pregnant mothers, and elderly. For all cabins, you bring your own bedding including sheets and pillows. If you want to participate in the weekend activities but do NOT want to sleep at camp please ensure you have checked the appropriate box on the registration form.

6. FOOD: 9 meals will be served and snacks provided. Dietary restrictions should be listed on the registration form.

7. FACILITIES: In addition to the program schedule, you will have access to the tennis courts (with lights), canoes (life jackets provided), splash boats, kayaks, boat rides, athletic fields, walking trails, craft shop/art studio and lodges with fireplaces.

8. PACKING LIST: An equipment list can be found on the website listed under programs.

9. SCHEDULE: Check-in will start at 4pm on Thursday in the Conlon Lodge and check-out is by 2pm on Sunday. Programs will be offered throughout the weekend. It is not mandatory to engage in every program and activity and you may choose to have some down time, take a canoe out, sit on the beach, paint in the studio or play some tennis.

10. PRIVATE TREATMENTS: You will have the opportunity to indulge yourself with therapeutic massage, facials, healing treatments and more. These private treatments are separate cost paid directly to the provider. You will have the opportunity to sign up for the treatments upon arrival.

QUESTIONS: If you have questions please call camp at (603) 569-3475 or email admincb@campbelknap.org.