

# Women's Retreat Workshops

Choose one workshop for each time slot (Or skip if you'd like)

Spacing is limited for some sessions

Please note workshops with additional cost: You can pay at the time of check-in

Sign up when you check-in Friday or Saturday

## Workshops AM: 11:15 - 12:15

**Canvas Painting Class** - w/ artist Julie Wendt

**Cost: \$10** You don't have to be an artist to attend this workshop. You will be instructed step-by-step through this fall canvas painting where you'll be able to choose your own colors and text to fit your unique home style.

**Holy Yoga** - w/ certified Instructor Tera Secord

**No Cost** Holy Yoga is an experiential worship created to deepen people's connection to Christ through His Word, worship and wellness. This class is for anyone who wants rest, refreshment and renewal.

**Fall Scents for your Home: Essential Oils** -

w/ Donna Fasick

**Cost: \$5** Learn about alternatives to using candles in your home without losing the coziness and goodness of fall. Take home diffuser blends to use at home in the diffuser or as a room spray.

**High Ropes Course** - w/ Camp Michawana's Event Team

**No Cost** Stretch yourself physically and mentally on our high ropes course. It will require endurance and strength the climb the rope ladder and traverse the obstacles 22' in the air.

**Service Project** - w/ Camp Michawana's Event Team

**No Cost** October is Pastor Appreciation Month. Take some time to pray for and encourage your pastor or local pastors with a hand written card. Supplies are available as well as a list of area pastors.

**Gospel Bracelet Making** - w/ Program Director Rochelle Visser

**No Cost** Come learn what the Gospel is and how to share it with others.

## Workshops PM: 1:30 - 2:30

**Canvas Painting Class** - w/ artist Julie Wendt

**Cost: \$10** You don't have to be an artist to attend this workshop. You will be instructed step-by-step through this fall canvas painting where you'll be able to choose your own colors and text to fit your unique home style.

**Cardio Mix** - w/ Aimee Petchauer

**No Cost** You'll have so much fun you won't realize how much you're working out. Come experience a variety of cardio exercise like cardio drumming, Zumba, refit and more.

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