

“Girlfriends Getaway in Bolton Landing” Workshops

- **Kayaking** – Mini paddling lesson and kayaking around Green Island (Sagamore Island). *Lake George Kayak*
- **Intensati Class IntenSati** - Exercise with passion and purpose! Live a life you love in a body you love NOW! IntenSati is a revolutionary cardio workout fusing aerobics, martial arts, dance, yoga and meditation. Combining positive spoken affirmations, it ensures a heart-pumping workout that builds physical, mental, and spiritual muscle. IntenSati is a great way to refuel and stay positive. This incredible workout is guaranteed to make you sweat and feel great! IntenSati takes the power of positive thinking and puts it into action. For more info visit <http://www.satilife.com/>
Clea Hall – Please wear or bring comfortable workout clothes and sneakers.
- **Intuition** – The Hidden Genius Within – Consciously access the power of your intuition to enhance insight and knowledge. Are you aware that you can know more about **anything** you want to know about...even if you don't know anything about it consciously? This is possible by learning how to access your intuition. Intuition is the difference between thinking and knowing. It is direct perception which enables insight into the very essence of things. Your consciousness is unlimited. There is a universal body of knowledge the human brain/mind can tap into, at will, and receive information about anything your attention is focused on. This program will illustrate the three keys to access intuition and how you can effortlessly and consciously utilize this very natural and profound source of insight and wisdom for anything you desire more knowledge about. *Marina Petro, Physic Intuitive Consultant, Visionary Artist and Educator.*
- **Using Directed Meditation for Stress Management** – Learn about directed meditation, the causes of stress, and how to use directed meditation to manage stressors. Experience a directed meditation and discuss the experience. *John Bates Childress, Mindmajik*
- **Creating Your Own Garden Sanctuary** - What is a garden? Peace. Beauty. Contemplation. Connection. Sound. Smell. It is a place of respite, where our fast-paced society can melt away in a space designed for reflection and soul-searching where people can gather, reflect, play, meditate, and feel attuned to the broader forces of the universe. Gardens help us explore the essence of life and foster personal growth. Learn how to create your own personal garden sanctuary. Complimentary workshop to Manifesting Your Dreams with the Labyrinth – but not mandatory. *Marjolaine Arsenault*
- **Manifesting Your Dreams with the Labyrinth** - Walking a labyrinth allows us to connect to a deeper part of ourselves. The labyrinth offers a chance to take time out from our busy lives and to leave behind stress and schedules. People who walk labyrinths report experiencing insight and creative inspirations, quieting of the mind, relaxation and well-being. Receive dream insights, and gain clarity through walking meditation and journaling. Be playful and creative and learn from your dreams how to transform your life. *Marjolaine Arsenault*
- **Crystalline Consciousness Technique (CCT)** is based on the premise that everyone and every living system is energy; that thought can direct energy; and that when energy and thought harmonize one can experience rapid, profound healing and shifts in their life. CCT is appropriate for newcomers to energy as well as advanced practitioners of healing arts. Learn more about what CCT is, the tools that it offers, and experience a mini healing session. For anyone interested in the surrounding area classes will be offered at a later date, allowing you to embrace the GIFT of CCT in your own daily life. *Clea Hall*

For more info visit: http://www.crystallineconsciousness.com/What_is_CCT/

- **Hiking** – Enjoy a guided nature hike around Edgecomb Pond while you discover and forage for Adirondack plant life. *Mark Perry owner of Sweet Pea Farm Perennials and, Pam Kenyon, Herbalist. Please wear comfortable clothing and shoes for hiking.*
- **Metamorphosis of Consciousness** - There is no limit to what we can create with a new kind of vision emerging from a new way of visioning. Barbra's unique teaching system operates on the belief that most people do not need therapy, but instead need to learn these universal principles, thus allowing them to understand how their reality is created. *Barbra Gilman, author of "The Unofficial Guide for Living on Planet Earth Successfully" and contributing author on "The Indigo Celebration" and "The Indigo Children Ten Years Later", a therapist/coach with 35 years experience, CEO of Success Strategies for Life.*
- **Energy Healing Through Jin Shin Jyutsu** – learn the self-help tools of the ancient art in restoration of an individual's physical, mental, emotional, and spiritual balance. *Genell Pike*
- **Cooking Class** – Enjoy a culinary demonstration. *Adam Savage, Sagamore Executive Chef*
- **Yoga/Pilates For the Busy Woman** – This workshop will include a series of movements that tone your abs, stretch your muscles and leave you feeling relaxed. You will be able to complete the series in less than 20 minutes a day! We will begin with 6 pilates movements, followed by yoga and ending with relaxation. You will be given a handout of the movements at the end of the workshop which will review what we do in class. *Darlene Schafraan, Lake George Yoga – Mats will be provided, comfortable clothing should be worn.*
- **Identifying Herbs and Their Medicinal Properties** - Learn how to identify, harvest, and store herbs to maintain optimum health benefits. This will also be a complimentary, but not required, workshop to take if you are planning on taking the nature hike. *Pam Kenyon*
- **Achieve Your Wellness Objectives** – *Gerber Family Chiropractic and Wellness Center – Dr. Jonathan Gerber*

AGENDA

Workshops, Luncheon and Fashion Show will take place at the Sagamore (unless otherwise specified).

Registration Friday, May 14, 2010, 5pm and Saturday, May 15, 2010, 8:30am

Cocktail Reception, Friday, May 14, 2010 – 5:30 to 7pm

Workshops, Saturday, May 15, 2010 – 9:00 to 5:00

Luncheon and Fashion Show – Noon to 1:30pm

Scavenger Hunt

Nature Hike, Sunday, May 16, 2010, 9AM – you must sign up in advance

