



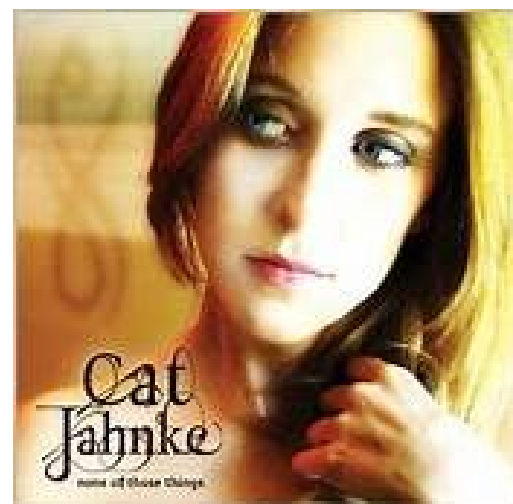
# GO YOUR OWN WAY

GIRLS RETREAT 2010

Friday, March 20

## FEATURING:

- ★ In house concert by singer/songwriter **Cat Jahnke**
- ★ Hands on Self-defence training
- ★ Seeing Mental Illness by Sydney Cleland



## BREAK OUT SESSIONS INCLUDING:

- Hip Hop breakdown
- Sushi Making
- Hairstyling tips and tricks
- Nail Care and Design
- Watercolour Painting
- Yoga and Meditation
- Henna Art
- Resin jewelry dishes
- Bath bombs
- Photography
- Intuitive Painting
- Understanding Energy, Elements and the Power of Sound
- Essentrics with Lindsay

## AND EVEN MORE FUN STUFF:

Do it yourself tie-dyed t-shirts, gourmet spaghetti supper, epic ice cream bar, giant games, photo booth, dance party and more!!!

REGISTRATION OPENS FEBRUARY 24

BREAK OUT SESSIONS ARE FIRST COME, FIRST SERVED.

\$10 INCLUDES THE FULL EVENT AND A T-SHIRT!