We are excited to meet you soon!

We are so pleased you are joining us at Bliss B4 Laundry’s Wellness Weekend for Women, October 20-22. The weekend is shaping up to be as magical as ever!
Please find everything you need in this package to get ready for your time with us. And if you have any questions, don’t hesitate to give us a call or send us an email. We will see you in a few weeks!

Questions?
Send us an email or give us a call!

Gaby & Sarah
Your Bliss Weekend Hosts
gabyandsarah@blissb4laundry.com
Gaby – 416-888-2805
Sarah – 905-376-7854

Included in this Package:
- Weekend Schedule
- Signing up for Workshops, Sessions & Cook/Clean
- What to Bring
- Directions to Camp Kawartha

What is a Bliss Weekend all about?

Now more than ever women are experts at juggling multi-faceted lives. The demands of work, family and home are often prioritized first leaving no time for self-care. This is where Bliss comes in…

Bliss B4 Laundry Wellness Weekends present women with the opportunity to press pause and take a break from the busyness of life. The focus of the weekend is to explore mind, body and soul through workshops, discussions, communal cooking, music, social activities and time spent in nature.

There are no rules at a Bliss weekend! You can sleep in! You can read a book!! You can attend workshops and engage in discussion circles. Or go for a hike and make new friends in the kitchen. You can drum around the camp fire and let loose your inner goddess! Whatever mood strikes you, just go with it! This weekend is about YOU and only you!

Join us on Facebook!

Join our Facebook event page for Camp Kawartha! You get up-to-the-minute information about the weekend and can join carpools or ask us questions.
Join at: https://www.facebook.com/events/636377583225209/
## Weekend Schedule

### Friday October 20

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Where?</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00 – 9:00 pm</td>
<td>Registration - <em>no earlier than 6pm please</em></td>
<td>Rotary Hall</td>
</tr>
<tr>
<td>7:00 – 8:30 pm</td>
<td><strong>DINNER</strong></td>
<td>Rotary Hall</td>
</tr>
<tr>
<td>9:00 – 10:30 pm</td>
<td>Welcome Circle</td>
<td>Rotary Hall</td>
</tr>
</tbody>
</table>

### Saturday October 21

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Where?</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 – 8:00 am</td>
<td><strong>Morning Meditation</strong> with Sarah Hutchison</td>
<td>Classroom 1</td>
</tr>
<tr>
<td></td>
<td><strong>Morning Yoga</strong> with Shulamit Ber Levтов</td>
<td>Classroom 2</td>
</tr>
<tr>
<td>8:00 – 9:00 am</td>
<td><strong>BREAKFAST</strong></td>
<td>Rotary Hall</td>
</tr>
<tr>
<td>8:45 – 9:15 am</td>
<td>One-to-One Sessions (1)</td>
<td>Various Locations</td>
</tr>
<tr>
<td>9:30 – 11:00 am</td>
<td><strong>Workshop 1:</strong> Archery &amp; Hatchet Throwing by Camp Kawartha Staff</td>
<td>Outdoors</td>
</tr>
<tr>
<td></td>
<td><strong>Workshop 2:</strong> Infinite Courage by Wendy Rae</td>
<td>Classroom 1</td>
</tr>
<tr>
<td></td>
<td><strong>Workshop 3:</strong> DeStress and ReCharge: Moving and Playing with Energy for Healing of Mind, Body &amp; Soul by Sarah Knight</td>
<td>Rotary Hall</td>
</tr>
<tr>
<td>11:00 – 11:30 pm</td>
<td><strong>MORNING SNACK</strong></td>
<td>Rotary Hall</td>
</tr>
<tr>
<td>11:30 – 1:00 pm</td>
<td><strong>Workshop 4:</strong> There is a Living Science to Keeping Love Thriving by Johanna Lynn</td>
<td>Classroom 2</td>
</tr>
<tr>
<td></td>
<td><strong>Workshop 5:</strong> Uplevel your Health, Vitality and Well Being Using Nature’s Medicine Cabinet by Stephanie Schreiber</td>
<td>Classroom 1</td>
</tr>
<tr>
<td></td>
<td><strong>Communal Cooking:</strong> Lunch</td>
<td>Kitchen</td>
</tr>
<tr>
<td>1:00 – 2:00 pm</td>
<td><strong>LUNCH</strong></td>
<td>Rotary Hall</td>
</tr>
<tr>
<td>1:45 – 2:15 pm</td>
<td>One-to-One Sessions (2)</td>
<td>Various Locations</td>
</tr>
<tr>
<td>2:30 – 4:00 pm</td>
<td><strong>Workshop 6:</strong> Interactive Storytelling as Acts of Self Care and Wellness by Pavla Uppal</td>
<td>Classroom 1</td>
</tr>
<tr>
<td></td>
<td><strong>Workshop 7:</strong> You, Your Relationship and Your Purpose: The Answers are in Your Hands by Kristine Gravelle-Rystenbil</td>
<td>Classroom 2</td>
</tr>
<tr>
<td>4:00 – 6:00 pm</td>
<td><strong>BLISS TIME / AFTERNOON SNACK</strong></td>
<td>Rotary Hall</td>
</tr>
<tr>
<td>4:15 – 6:15 pm</td>
<td>One-to-One Sessions (3, 4, 5)</td>
<td>Various Locations</td>
</tr>
<tr>
<td>6:30 – 8:00 pm</td>
<td><strong>DINNER</strong></td>
<td>Rotary Hall</td>
</tr>
<tr>
<td>7:30 – 8:45 pm</td>
<td>One-to-One Sessions (6, 7)</td>
<td>Various Locations</td>
</tr>
<tr>
<td>9:00 – 11:00 pm</td>
<td><strong>Messages from Spirit</strong> with Paula Stableford</td>
<td>Rotary Hall</td>
</tr>
</tbody>
</table>
Sunday October 22

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Where?</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 – 9:00 am</td>
<td>BREAKFAST</td>
<td>Rotary Hall</td>
</tr>
<tr>
<td>8:45 – 10:00 am</td>
<td>One-to-One Sessions (8, 9)</td>
<td>Various Locations</td>
</tr>
<tr>
<td>9:00 – 9:45 am</td>
<td>Rooms Clean-Up</td>
<td>Various Locations</td>
</tr>
<tr>
<td>10:15 – 11:45 am</td>
<td>Workshop 8: How To Not Lose Your Sh*t Everyday: A Stress Transformation by Shulamit Ber Levrov</td>
<td>Classroom 2</td>
</tr>
<tr>
<td></td>
<td>Workshop 9: Meet Your Inner Goddess by Kim Bosch</td>
<td>Classroom 1</td>
</tr>
<tr>
<td>12:00 – 1:00 pm</td>
<td>Closing Circle</td>
<td>Rotary Hall</td>
</tr>
<tr>
<td>1:00 – 2:00 pm</td>
<td>LUNCH</td>
<td>Rotary Hall</td>
</tr>
<tr>
<td>1:45 – 2:15 pm</td>
<td>One-to-One Sessions (10)</td>
<td>Various Locations</td>
</tr>
</tbody>
</table>

*This is a tentative schedule and is subject to change.*

*Please note: This will be a scent-free weekend (essential oils are fine). Please do not bring perfumes or body products containing fragrances. Thank you for this kindness!*
This Weekend is about YOU!

As the schedule indicates there is time for you to participate in workshops, morning, evening and outdoor activities, as well as private one-to-one sessions if you choose. Remember this weekend is about YOU so please choose the opportunities throughout the weekend that resonate most with you.

What is Bliss Time?

Bliss Time is YOUR time! We have built some undesignated time into the weekend for you to relax and unwind, get outside, meet with friends, or take a nap – whatever appeals to you. However – we also want you to see the whole weekend as Bliss Time! There are no rules at a Bliss Weekend – do as you please!

We invite you to take advantage of your surroundings too! The outdoor facilities at Camp Kawartha are fantastic! They have acres of beautiful trails for hiking, running or bike riding. The camp overlooks Clear Lake – enjoy the sunset or sunrise with your girlfriends. And they have high ropes, low ropes and other initiatives that you can challenge yourself on during the Saturday morning workshop slot.

A Note about the Food

The food at a Bliss weekend is a bit of a magical affair. We organize the groceries, the facility and the recipes. Then the group of us work together to create meals that are as good for our bodies as they taste in our mouths. The food is as unprocessed and as “close-to-the-earth” as possible. The menus feature whole, real foods: fruits, vegetables (including tofu/tempeh), grains, pulses, eggs, snacks and treats.

Gaby runs the kitchen throughout the weekend and as an established ‘foodie’ she guides and orchestrates scrumptious vegetarian fare. She also encourages the enjoyment of wine as you cook, if you wish! Gabbing, laughing, chopping, cooking and imbibing – what could be better!

*We ask everyone to sign up for one cook OR one clean timeslot. We call it our KARMA HOUR – it’s how we give to each other throughout the weekend. You will be able to sign up for your Communal Cook or Communal Clean when you register for workshops/sessions online.*

If you have food allergies, diet restrictions or concerns/questions about the menu – don't be shy. Shoot us an email: gabyandsarah@blissb4laundry.com
Book Your Activities

There are so many amazing things for you to take part in throughout the weekend, and it helps if you can pre-register for some of them so we can best prepare for your participation. We recommend you read through the descriptions in this package before you make your selections. Group activities, workshops, communal cooking/cleanup sessions, and one-to-one sessions are on a first-come, first-served basis – so please prepare to register soon!

When you go to register online you will be signing up for the following things:

- Workshops – You get to choose ONE from the workshops offered at each slot.
- Morning Activities – On Saturday morning there are two choices. Please register so we know how many plan to attend.
- One-to-One Sessions – These are optional and cost $45/session. You pay online for these.
- Communal Cook or Clean – Choose ONE cook or clean for your Karma Hour.

Note: We don’t do online sign up for the evening activity.

One-to-One Sessions

Throughout the weekend, you can meet with practitioners privately for 30-minute treatments or sessions. You make a soul investment of $45 for each private session you attend.

Private Sessions at Camp Kawartha:

- Energy (Reiki/Bioenergy) Healing
- Releasing Inherited Family Patterns
- Scientific Hand Analysis
- Foot Reflexology
- Esthetics Treatment
- Walk with Me

Ready to Sign-up?

Go to the following website to review and register for your activities:
Description of One-to-One Sessions

Esthetic Treatments
By Cara Adams

Serenity for One: Slip away on a sea of calm and treat yourself to 30min of serenity just for you. Sit back relax and let the stress of the day melt away as you soak up one of my Luxurious Treatments. You DESERVE to be Pampered!

The 30-minute Soul Package includes your choice of: Radiance Facial OR Heavenly Hands & Foot Fantasy.

All treatments include:

- Essential Oil Infused Hot Towel Treatment
- Soulful cup of Tea
- 10% off product purchased during Bliss
- Complementary Hand or Foot Massage (for those getting the Facial)

**KAWARTHA SPECIAL**

The Friendship Facial: Quality time with your BEST Girlfriend, R&R AND Chocolate Truffles?! It doesn’t get better than this!

The one-hour treatment package includes for each person:

- Radiance Facial
- Essential Oil Infused Hot Towel Treatment
- Foot Fantasy or Heavenly Hands treatment
- Chocolate truffles, and a glass of special bubbly
- 15% off product purchased during the Bliss Weekend
- Precious Memories

**60min session – $90/per person ($120 Value)!**

Description of Treatments

The Radiance Facial: Exfoliating your face is key to good skin, no matter your skin type. Sit back and relax as I use my Luxury Sandalwood Dry Face Wash to restore your skin to its natural beauty. The gentle formula of colloidal oatmeal and sandalwood powder work together to gently exfoliate, revealing luminous, glowing skin. Your Radiance Facial ends with my beautifully fragrant toner and facial massage using my Luxury Sandalwood Face Cream. **Please come to your facial without make up**

Foot Fantasy: Your feet take a beating each and every day and they deserve to be pampered too! This sinfully wonderful treatment starts off with a soak in my healing Luxurious Bath Salts. Pink Himalayan, Dead Sea salt and Epsom come together to help draw out toxins, stimulate circulation, and relax those tired feet. My Evergreen Goddess Sugar Scrub will restore and soothe dry cracked heels and infuse them in moisture with avocado and coconut oils. Treat your tender tootsie’s today!

Heavenly Hands: Your hands will feel ageless and smooth when my scrumptious sugar scrub removes the dry itchiness of winter. Then let the tension of the day slip away as my silky ultra rich cream is massaged into your hands.
Energy (Reiki/Bioenergy) Healing
by Sarah Knight

I combine a variety of energy healing techniques, including Reiki and Bioenergy, to open, clear and charge a person’s energy field. We can only ever work with what is being presented in the moment, but the divine intelligence of an individual always knows exactly what is needed, so in one short session sometimes a deep healing may be achieved. Over the years I have learned to speak the language of the energy body, and often insights are presented that can lead to an improved understanding of what actions are required on a practical level to continue to facilitate healing and change after the session is over.

Foot Reflexology
by Julie Lockhart-Thompson

Reflexology is a relaxing and gentle focused-pressure technique based on the premise of various reflex zones and energy meridian junctions that directly correlate to all of the glands, systems, and tissues in the body. A reflexology session will stimulate these reflexes aiding in removing energetic blockages, freeing tension and pain, releasing stress and congestion, as well as, bringing forth self-healing, peace, relaxation and improved circulation. Why not free yourself from stress, tension, and worries while you pamper your body on all levels? Your body will love you for it!

Scientific Hand Analysis
by Kristine Gravelle-Rystebil

Are you curious to know more about the details of your hand blueprint? Meet with Kristine for an in-person, 30-minute Scientific (non-predictive) Hand Analysis to go deeper into your gifts, potential, and Life Purpose. Come away with real-life solutions and tips for being who you really are on a day-to-day basis, navigating this wild and crazy ride that we call life and what your choices are.

Releasing Inherited Family Patterns
by Johanna Lynn

Would you like a deeper understanding of how your family history influences your life today? Let’s dedicate 30 minutes to YOU to feel much more free from the parts of your life that feel painful or overwhelming. Unconsciously, we relive our mother’s anxiety. We repeat our father’s disappointments. We replicate the failed relationships of our parents or grandparents. You can resolve parts of your family history that currently pulls traction away from your enjoyment of life.

Walk with Me
by Wendy Rae

For some of us the concept of learning to love ourselves is hard to comprehend. I finally grasped it when I called it healing. Healing means you are getting better, that wounds are closing or energy is increasing. Healing happens with acceptance, there is no pressure and no guilt. We allow people time to heal and we allow them set-backs. It is a positive step forward without unrealistic expectations. When we are healing we are getting better and we give ourselves permission to do that. In this one to one we will walk without judgment and look at how the concept of healing applies to all areas of your life. With your willingness and an open mind, I hope to show you how to take the first step on an amazing journey. Walking is not mandatory for this session, it is an option for those who feel better talking in open air and surrounded by nature.
Description of Weekend Activities

-Saturday-

**– MORNING ACTIVITY – 7:00-8:00am**

**Saturday Morning Meditation**  
Facilitated by Sarah Hutchison

On Saturday morning we will greet the day with humble gratitude. Join Sarah as she guides you into a state of deep relaxation, where you will feel ready to receive the magic of the day before you. Open your heart and your mind to the possibility of transformation, joy, sisterhood and laughter. Start your Saturday at Bliss by centering and grounding the experience in an hour of beautiful meditation. Come prepared to enjoy yourself either sitting flat-footed in a chair, or lying comfortably on your sleeping bag and pillow. The choice is yours!

OR

**Saturday Morning Yoga**  
Facilitated by Shulamit Ber Levto

Not everyone jumps out of bed at the crack of dawn, raring to go. Some of us prefer to greet the day more gradually, luxuriating in a more leisurely pace. Join me for a morning practice that honours this need. We'll start with gentle poses then ease progressively into more active movements to get our blood moving.

What To Bring:
* Yoga mat

**– WORKSHOP SESSION 1 – 9:30-11:00am**

**Workshop 1: Archery & Hatchet Throwing**  
Presented by Camp Kawartha Staff

Set your eye on the target! Cheer each other on as you take aim and try your hand at archery and hatchet throwing. This fun, outdoor session is facilitated by well-trained Camp Kawartha staff.

OR

**Workshop 2: Infinite Courage**  
Facilitated by Wendy Rae

The power of free will, going deep and walking in your spirit. Every day, every minute, we make choices. The purpose of this workshop is to explore our choices and how they impact our well-being. I like to look at life as living from ego or living from the core. When I live from my core, life flows. I am going with the wind and not battling the wind. It is easy and I am not trying to control, I am living in the flow. Through a series of stories and exercises, we
will explore what elevates us and what breaks us. Soul saviours and soul killers. We will discuss energy, both universal and our own. We will look at options for everyone to find their own personal power. Why we do what we do and why do things/words hurt us. We want to maximize the healing potential of our internal self-talk. The importance of tapping into our higher source/self for guidance is a life tool that will amaze you when you start to use it. I will ask everyone to write down their fears so you may want to give this some thought in advance. You will not have to openly share. The goal is to be able to look at your fear as we discuss ways of removing it. When we are walking in our truth, fear dissipates. We find infinite courage living in the now and doing the next right thing.

OR

Workshop 3: DeStress and ReCharge: Moving and Playing with Energy for Healing of Mind, Body & Soul
Facilitated by Sarah Knight

My DeStress and ReCharge workshops bring together elements of many different techniques that I have learned and practiced over the years. We will stretch, tap, shake, be still, breathe, and move, all the while focusing our intention on using these tools to clear and move energy around our bodies. So, for example, we might trace energy meridians in the body, or massage neurolymphatic points, or warm our kidneys, or charge our chakras, or clear excess energy from around our heads, but always with clear focus and intention. It is really gentle and requires no prior knowledge as I lead every movement and activity, explaining all the energy jargon too, and you then go away with a set of very practical tools that you can use on your own. Feedback from past participants include that they experienced an enhanced feeling of peace and well-being, improved mental clarity, decreased stress levels, and a sense of joy and ease following a class.

— WORKSHOP SESSION 2 – 11:30am-1:00pm

Workshop 4: There is a Living Science to Keeping Love Thriving
Presented by Johanna Lynn

Have some of your greatest life challenges been in your intimate relationships? Single or in a relationship, this workshop will access the roots of what prevents you from having the love you desire in your relationships. Do you find yourself repeating familiar patterns even with your best efforts to change them? Have you noticed that the same frustrations or arguments show up even with your next partner too?

70% of repetitive conflicts between a couple come from the family we grow up in. Each of us brings along the behaviors and feelings of our early experiences. Would you be surprised to hear that unresolved challenges or unspoken resentments with our parents show up in our relationships? In this workshop discover:

- What influences relationship choices on a subconscious level
- Hidden elements that feed frustration and distance
- When there is hurt in a relationship – how to find balance
- Understand WHY you need what you do within your loving connections
- Parenting or Co-Parenting from a connected place

OR

Workshop 5: Uplevel your Health, Vitality and Well Being using Nature’s Medicine Cabinet
Presented by Stephanie Schreiber

Join Stephanie for a fun and experiential look into the world of hormone balance and stress reduction. Listen and connect as Stephanie shares her personal story of self-neglect, burn out and dis-ease and the strategies she used to recover her health and hormone balance. Learn how our hormones interact with each other in the perfect world
and what happens when the demands of modern day living take over. Set yourself up for success as Stephanie shares tips and strategies for daily rituals of self-care that can be completed in minutes in the midst of our fast paced and demanding lifestyles to promote better hormone balance, reduced effects of stress and the creation of greater energy flow within the body. You will have the opportunity to become one with your breasts by learning how to do a lymphatic breast massage and how to enliven your passion and libido using the power of aroma and essential oils. Take the Passion Test to learn or re-learn what your heart desires most and leave feeling reignited! Come prepared to partake in exercises that will fuel the fire within!

**Communal Cooking: Building a Salad Bowl that Rocks!**

Want to learn fun, quick, delicious ideas for a veggie feast? Bowl with us! You will never, ever look at a salad the same way again. You might think that adopting a plant-based diet would result in a very limited and flavourless daily menu, but with some creativity and a fuller understanding of all the options out there, it’s easy to have a varied and delicious meal EVERYDAY!

**– WORKSHOP SESSION 3 – 2:30-4:00pm**

**Workshop 6: Interactive Storytelling as Acts of Self Care and Wellness**  
Presented by Pavla Uppal

Feeling like you are working in isolation? Aching to have your voice heard – tell how it is for YOU? This participatory workshop focuses on interactive and embodied story-sharing and on creating non-judgmental environment for an opportunity to dialogue with others about issues that are vital to you. In a group setting, through dynamic and fun games and exercises, you will be able to reflect on your practice, your vision, and your interactions with your community. If we are to create the change we want to see in the world, we need to see ourselves as empowered agents of change. Our own well-being and mental balance is key to our leadership and vision. We seldom have a safe and accepting community to share our stress or worries and have our voice truly heard. Stress and isolation contribute to many ills, such as substance abuse, and are leading causes of depression. Meaningful sharing that goes beyond venting, and that works with the stories in artistic and embodied way, has the therapeutic and healing power to contribute to participants’

Meaningful sharing that goes beyond venting, and that works with the stories in artistic and embodied way, has the therapeutic and healing power to contribute to participants’ well-being and mental balance. The benefits are manifold – • Ability to imagine possibilities – a step to creativity and innovation • Renewed sense of self – own journey and vision • Starting the process of aligning own vision with own practice • Being heard and being seen creates a sense of belonging, which fosters a healthy self-worth and self-confidence Theatre based methodology is appropriate and effective for anyone – irrespective of the nature of your affiliations or pursuits. Role-playing, play-based learning, and body-language are innate abilities to all human beings.

**OR**

**Workshop 7: You, Your Relationship and Your Purpose: The Answers are in Your Hands**  
Presented by Kristine Gravelle-Rystenbil

In this hands-on workshop, you’ll start deciphering the information in your hand blueprint so that you can find out what your specific communication style, relationship needs, and thinking style are. Identify whether you have any hidden gifts so can choose which opportunities and challenges you embrace and those which you reject. Learn how your fingerprints reveal your Life Purpose, life theme, and your life-long journey. When you know what your ultimate potential is in each area, you consciously choose where you want to spend your time, money, and energy. Begin finding out whether your behaviours, habit, and beliefs support your Life Purpose. Receive a workbook to use during the workshop and take home with you. That way, you can continue assessing your own hands (and those of others).
Kristine will provide all materials used at this workshop. You are asked to bring an inquisitive mind, your questions and a desire to learn more about yourself.

**– BLISS TIME – 4:00-6:00pm**

**Bliss Time** is all about YOU! We encourage you to take these two hours and devote them to your joy and relaxation. The outdoor grounds are beautiful at Camp Kawartha – perhaps you want to stroll along the lake or take a hike through the woods? Maybe you would enjoy a quiet moment to journal or draw? Or you may wish to create your own vision board - our dear Treena will facilitate an informal lesson on how to make one for yourself. Or it may be time for a guilt-free nap! Is your bed calling to you? Whatever you choose to do – take advantage of this time to focus solely on YOU!

**– EVENING GROUP ACTIVITIES – 9:00-11:00pm**

**Messages from Spirit**  
Presented by Paula Stableford

Join us for an evening that could change how you see the world.

Sit glued-to-your-seat as Paula Stableford, a talented and charismatic intuitive medium, channels heartwarming and divinely-timed messages from loved ones in Spirit. Come with questions for Paula and seek the answers you need to heal your grief, make important decisions, or follow your path in life. Learn ways to use your own intuition and make connections with those you love on the Other side.

Don’t miss this opportunity! Spirit is waiting.

– Everyone welcome to participate! –

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**Sunday**

**– WORKSHOP SESSION – Sunday 10:15am-11:45am –**

**Workshop 8: How to Not Lose Your Sh*t Every Day: A Stress Transformation Workshop**  
Presented by Shulamit Ber Levtoy

Stress resilience is an inside job. Learn why we flip our lids when the shit hits the fan and how to put the lid back on—in a healthy way—so that you can feel good and still cope effectively with what life throws your way. This workshop features didactic and experiential segments as well as group discussion and Q&A. After the workshop you will feel empowered and relieved; you will know how to address and transform stress in the moment; you will learn three principles and four keys to stress resilience and how to apply them in your life.

OR
Workshop 9: Meet Your Inner Goddess
Presented by Kim Bosch

Come relax, play and awaken your inner Goddess power, energy and vibration through meditation, drumming and movement to naturally restore balance and harmony to your body, mind, and spirit. This healing journey that will leave you feeling rejuvenated, energized and joyful! In this workshop, you will experience a smudging ceremony to clear unwanted energies. Then you will meet your Goddess and receive her message through an Oracle Card reading. Through a variety of meditations, you will empower your own inner feminine wisdom, awakening your intuition and feminine strengths. Finally, to close, you will be guided through a meditation that will actively heal and balance all of your 7 main Chakras, leaving you feeling relaxed with an overall sense of balance and well-being. Let your inner Goddess reawaken and bring feminine balance and energy back into your life. Bring a mat or blanket so you may lay down for the meditations if you wish.

Ready to Sign-up?

Go to the following website to review and register for your activities:
What to Bring?

Here are some suggestions for what to bring to make your weekend comfortable and special!

- Closed-toed indoor shoes (for in the kitchen/dining hall)
- A pair of slippers (for your cabin)
- Running/outdoor shoes (for high ropes/outdoor activities)
- A mug (with your name on it)
- A pillow and sleeping bag
- Flashlight or headlamp
- Warm clothing (for outdoor activities)
- Comfortable clothing (for body movement activities)
- Yoga mat (for meditation and yoga)
- Comfy cushion/pillow for meditation, morning yoga or sitting
- Comfy blanket for morning yoga
- Hiking / outdoor shoes
- Towel and toiletries
- Earplugs and eye mask (for sleeping in shared digs!)
- Special drinks (i.e. wine, beer, juices) and corkscrew/opener
- Camera
- Journal, pad of paper, writing materials
- Paints, drawing pencils, brushes, paper (to get creative!)
- Drum, shaker, guitar, etc. (for around the campfire)
- Raincoat
- Tupperware / ziploc bags (to take home yummy leftovers)
- Marketplace items (to sell, swap or promote)
- Cash for marketplace and one-to-one sessions!
- Women you love – registered and ready to have fun!

Bliss T-shirts

The women who come to our weekends love to take a memento away to remind them regularly of the fun, transformation and love they experienced at Bliss. A Bliss Shirt is a great memento!

We have two styles available:

- pink unisex t-shirt $15 (incl. HST)
- grey ladies fit t-shirt $20 (incl. HST)

Get you’re Q-W-E-S-O-M-E Bliss T-shirt and wear your Bliss Pride!

Shared Accommodations

The digs at Camp Kawartha aren’t posh. They are simple and we like it that way! The accommodations work well for those who love camping and nature. The cabins are shared, rustic and winterized with electricity perfect for bunking down with girlfriends or for meeting new friends. The majority of the cabins sleep 6 to 12 people in both bottom and top bunk beds.

Washroom facilities include a central washroom building with showers and toilets. You bring your own pillow and sleeping bag and a flashlight to navigate to your cabin at night. It’s like going back to camp!
How to Get There?

Camp Kawartha is located outside of Peterborough, Ontario approximately two to three hours north-east of Toronto (depending on traffic).

Address

Camp Kawartha
1010 Birchview Road
Douro-Dummer, ON
K0L 2H0

Phone

705-652-3860
1-866-532-4597

Lost?

Call Gaby & Sarah
Gaby - 416-888-2805
Sarah - 905-376-7854

Directions from Peterborough

Travel north on Water Street. Continue onto Lakefield Rd/County Rd 29. At lights in center of Lakefield, turn left onto Queen St/County Rd 29. Continue on County Road 29 through Lakefield. At the lights just outside Lakefield, turn left onto Highway 28 North. Continue for approximately 2.5 km to Birchview Road (if you get to Young's Point you went too far north). Turn Right onto Birchview Road. The camp is 7 km on the left, indicated by a sign for Camp Kawartha.

Directions from Toronto

Travel East on Hwy 401 to Hwy 115. Take Hwy 115 north to Peterborough (Exit #436). Continue on Hwy 115 and merge onto Hwy 7 East (signs say Hwy 7 East to Ottawa). Turn left onto Hwy 28 North (intersection with lights). Continue north for approximately 19 km, past lights at intersection with County Rd 29 and Rd 6. Turn right onto Birchview Road. The camp is 7 km on the left, indicated by a sign for Camp Kawartha.

Directions from Ottawa

Travel West on Hwy 7 to Hwy 28 North - approximately 7 km east of Peterborough. Turn right onto Highway 28 North (intersection with lights). Continue north for approximately 19 km, past lights at intersection with County Road 29 and Road 6. Turn right onto Birchview Road. The camp is 7 km on the left, indicated by a sign for Camp Kawartha.

Need a carpool? Join our Facebook page (see page 1 for info).