

SHUNIAH'S SECOND ANNUAL WOMEN'S ME-TREAT

REGISTRATION FORM

MACGREGOR RECREATION CENTRE

800 LAKESHORE DRIVE

FEBRUARY 2ND, 2019 9:00 AM – 4:00 PM

NAME: _____ PHONE: _____

EMAIL: _____

PLEASE REVIEW AND RESPOND TO ALL INFORMATION REQUIRED BELOW

SCHEDULE OF EVENTS:

9 – 10 AM **LIGHT BREAKFAST:** GET YOUR MORNING ENERGY MOJO WORKIN'! MEET AND MINGLE OVER HOME-MADE YOGURT, GRANOLA, FRUIT AND TEA/COFFEE. **OPENING KEYNOTE: LANA BULLOUGH**

CONCURRENT SESSIONS: CHOOSE ONE OF TWO SESSIONS BY PLACING AN BESIDE YOUR PREFERENCE

10 – 11 AM

THE PAMPERED YOU: INDULGE IN THE LUXURY OF A SATIN HAND TREATMENT, LIP MASK AND REJUVENATION TREATMENT COMBINED WITH SKINCARE TECHNIQUES! TIPS AND TRICKS FOR A "MAKEUP ON THE GO" ROUTINE WILL ALSO BE PRESENTED. **PRESENTER: ALANA JACOBSON**

OR

YIN YOGA: TARGET THE CONNECTIVE TISSUES SUCH AS FASCIA, LIGAMENTS AND BONES. WE WILL ALSO FOCUS ON THE JOINTS OF THE BODY THAT ARE NOT NORMALLY EXERCISED. THIS SLOW-PACED STYLE OF YOGA ALLOWS THE POSTURE TO BE HELD FOR A LONGER PERIOD OF TIME, RELEASING THE FASCIA AND IMPROVING JOINT MOBILITY. **PRESENTER: DIANE GORDON**

11 AM – 12 PM

SALSA DANCING: ESCAPE THE WINTER AND TRANSPORT YOURSELF TO THE ISLANDS WHILE LEARNING TO MOVE YOUR BODY TO SEXY LATIN RHYTHMS. THE WORKSHOP IS GEARED TOWARDS BEGINNERS, SO ZERO EXPERIENCE IS NECESSARY AND IS GUARANTEED TO LEAVE A SMILE ON YOUR FACE AND POSSIBLY A NEWFOUND LOVE FOR LATIN DANCING. **PRESENTER: KERRI LAW**

OR

GET HEALTHY: DISCOVER THE BENEFITS OF THE LATEST TREND OF JUICING CELERY AND SIMPLE WAYS TO IMPROVE OVERALL HEALTH AND WELLNESS BY INCORPORATING SIMPLE STEPS INTO YOUR DAILY ROUTINE. **PRESENTER: MAGGIE HOLBIK**

12 – 1 PM **LUNCH:** AN ASSORTMENT OF SOUP, SANDWICHES, VEGGIES AND DESSERT. **PROVIDED BY: BAY VILLAGE COFFEE**

1 – 2 PM

 CARD MAKING: ENJOY TIME WITH FRIENDS, WHILE EXERCISING YOUR CREATIVITY LEARNING TO MAKE HOMEMADE CARDS. PUT A SMILE ON SOMEONE'S FACE! **PRESENTER: LYNDA JAMES**

OR

 AROMATHERAPY BRACELET: CREATE YOUR OWN UNIQUE BRACELET OUT OF LAVA AND SEMI-PRECIOUS STONES. **PRESENTER: JOLENE PAPICH**

2 – 4 PM CLOSING SESSION

TRADITIONAL TEACHING OF THE MEDICINE BAG: AUDREY LIVES AND BREATHE TRADITIONAL LIFE AND IS A KNOWLEDGE HOLDER AND ELDER. SHE WILL TEACH US THE TRADITIONAL TEACHINGS OF THE MEDICINE BAG AND THE MEDICINES THAT HEAL US, BRINGS POSITIVITY AND GUIDES US THROUGH OUR LIVES. **PRESENTER: AUDREY DEROY**

LAUGHTER YOGA: LAUGHTER YOGA IS A UNIQUE CONCEPT WHERE ANYONE CAN LAUGH WITHOUT RELYING ON HUMOR, JOKES OR COMEDY. IT IS CALLED LAUGHTER YOGA BECAUSE IT COMBINES LAUGHTER EXERCISES WITH YOGA BREATHING AND BRINGS MORE OXYGEN TO THE BODY AND THE BRAIN LEAVING US FEELING MORE ENERGETIC AND HEALTHIER! **PRESENTER: JOANNA MAZANTI**

CONCURRENT SESSIONS ARE FIRST-COME, FIRST-SERVED. CLASS SIZES ARE LIMITED.

BE SURE TO REGISTER EARLY TO ENSURE YOUR CHOICE OF SESSION.

DIETARY RESTRICTIONS: _____

PAYMENT INFORMATION:

[CLICK HERE FOR ONLINE PAYMENT](#)

CASH & DEBIT ACCEPTED AT MUNICIPAL OFFICE

CHEQUES CAN BE MADE PAYABLE TO: MUNICIPALITY OF SHUNIAH