



# WOMEN'S WEEKEND CLASS EXAMPLES

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## Arts and Crafts

### ❑ **Advanced Candle Making**

Bring some warmth and light to your home by making your own candles! This is a fun and creative way to learn the simple art of dip candling, a favorite summertime activity here at camp. Take home your new artwork to enjoy during a stormy New England night, or as a book light when you read.

### ❑ **Card Stamping**

This class has been popular at previous Women's Weekend Getaway's. You will make 5 cards that will be designed for a variety of occasions. You will use quality products from Stampin' Up! including card stock, Designer Series Paper, inks and stamps to create your 5 cards. Stampin' Up! is a paper crafting company that has been part of the direct sales industry since 1988. You do not have to be crafty to enjoy this fun class. I will have all the pieces cut for you, and have directions printed out. You get to stamp, assemble and have fun with friends!! There is a \$10 materials fee payable to the instructor at class.

### ❑ **Happy Rocks**

You cannot help but smile when you come across these rocks in random places. Sometimes on a trail in the woods, sometimes in a parking lot outside Target, you never know when you'll find one. Join us in being part of a movement to spread happiness and kindness. Or keep your rocks for yourself! The choice is up to you. Ideas and samples of what you can do will be provided as well as all supplies. The possibilities are endless! For a more visual representation google "happy rocks" or "kindness rocks" now and get inspired!

### ❑ **Tie-Dye**

Turn either a favorite shirt or a shirt that could use some sprucing up into a masterpiece with our Takodah Staff! Have fun being creative with colors to make a great memory and souvenir from your weekend. Don't forget to pick up your sweet looking shirt Sunday off the clothesline before your departure.

### ❑ **Block Printing**

Block printing is considered an art form. This technique can be used to make anything from stationary to fabric to customized shoes. Essentially, it is a stamping technique, where ink is rolled onto a custom-carved block.

### ❑ **Wood Carving**

Wood carving is one of the oldest crafts you can find. It involves the cutting away of wood to create a figure or a pattern with a sharp handheld implement.

## Camp Activities and Outdoor Pursuits

### ❑ **Archery, Riflery and Ax Throwing**

These activities have been offered during the summers at Camp Takodah for decades, and boast a popular following. In addition to enhancing hand-eye coordination, target sports offer good old-fashioned fun and the spirit of competition! Challenge your friends to the best target score on Takodah's own rifle and archery range. We use air-powered pellet guns for our rifle activity.

### ❑ **Biking the Trails of Takodah**

We are excited to offer two classes of biking the trails of Takodah. Learn how to shift and ride safely on trails, and take a ride on one of our forest trails. Bikes and helmets will be provided.



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## Camp Activities and Outdoor Pursuit Cont'd

### ❑ **Cooking Outside**

There are few better ways to enjoy the beautiful weather than by spending as much time as you can outside. Do love getting your boots muddy and exploring the outdoors all day, followed by a relaxing evening by the campfire in the evening? Then this class is for you. The dishes offered here are easy to make, because we know the last thing you want to do after running around all day is spend a ton of time making meals for everyone. Also, many of these dishes can be taken on the go—especially the foil pack recipes—which is ideal for those long hikes that you'll be taking. Your camping trip is going to be so much more delicious thanks to these ideas.

### ❑ **High Ropes Course - Two-Line Bridge and Multi-Vine**

Camp Takodah's extensive Challenge Course includes 9 dynamic high elements and 10 low elements. We operate with a "Challenge by Choice" philosophy and welcome everyone on our ropes course. We will focus on high ropes elements like the Two-Line Bridge, Catwalk and the Multi-Vine, fun for all and a great place to start if you are new to the high ropes. Takodah will provide harnesses and other equipment necessary to keep you safe, whether you feel like scampering across ropes 30 feet in the air or just starting to face your fear of heights.

### ❑ **High Ropes Course – Giant Swing, Pamper-pole and Cat Walk**

This experience on the Takodah high ropes course is geared toward those women who are ready for even more of a challenge. We will skip over to some of our most difficult climbs on the ropes course, like the Pamper Pole, and Giant Swing. Take a leap of faith off a 30-foot telephone pole or be pulled by a team of 6 up to 45 feet into the air where you can self-release and pendulum through the trees. These activities can be physically demanding, but they are worth it! Not for the faint hearted.

### ❑ **Under the Hood**

Ever get nervous taking your car into the mechanic because you really just don't know what's happening under the hood? Come take this one-hour course that will teach you the basics of proper vehicle maintenance and what to look for before inspection time. Come with your any of your own questions as well!

### ❑ **Zip Lining Over Cass Pond**

The Camp Takodah Zip Line is the ride of a lifetime! After climbing to the take-off platform (about 45-feet up) you'll be zooming over the water of Cass Pond, with a great view of the lake and Takodah's Waterfront. Feel the freedom of flight as you zip along to the other side of the pond. This is a once in a lifetime opportunity.

## Educational & Wellness Classes and Workshops

### ❑ **Essential Oils Make and Take Workshop**

"Are you interested in learning more about and working with essential oils? Join April Reynolds, Integrative Health Coach for an interactive workshop highlighting the safety and everyday use of essential oils to help keep you, your family and your home healthy. We will share our experiences and you will learn how to make your own coconut oil lotion as well as a soothing roll-on blend to help ease tummy troubles. Bring your friends and your questions. It is going to be fun! A \$5 donation is appreciated to help with supplies."

### ❑ **Meet Your Guardian Angels**

This workshop will assist you in how you can communicate with your guardian angels. There will be a guided meditation to assist you in meeting your guardian angel. The angels want to make a personal connection to you.



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## Educational & Wellness Classes and Workshops Cont'd

### ❑ **Living as an Empowered Empath**

Are you sensitive to others emotions? Are you affected by large crowds, too much noise or feel exhausted from other people's energy? Then most probably you are an empath. This class will give you guidance and skills to assist you every day in your sensitivity so that you will become empowered as an empath.

### ❑ **The Story of You**

Using creative tools for inspiration, learning and development, I will introduce you to intuitive processes that will encourage the safe open sharing of our life stories. This weekend is a time to connect, feel empowered and feel inspired by others. Join us to learn more about yourself and your friends in the room. The connections will go beyond the weekend! This program will involve some light mediation practice. Please bring any pillows, mats or blankets you want to enhance your comfort as we take a 'pause' on the floor or in a rocking chair.

### ❑ **Photo Basics**

Do you have a fancy DSLR camera and no idea what the buttons do?

Do you have a smart phone with a camera on it and no clue what you're doing?

Would you like to take better photographs, learn a few new skills, and improve your hobby? Come hang out in this photo basics class where you'll learn how to properly handle your camera and finally feel comfortable & confident behind the lens! Course is taught by a professional portrait photographer. Immediately followed by a photo walk around campus to put those skills into practice! Beginners are welcome! Feel free to bring a point & shoot, a film camera, a digital camera, or your smart phone with camera to learn on your own equipment. A model camera will be provided for reference.

### ❑ **Photo Walk**

Can you think of a more picture-perfect place than Camp Takodah at sunset?

Join us for a photo walk around campus at Magic Hour where we can capture a few gorgeous memories of this beautiful place. Attendees of the Photo Basics class will put new skills into practice as we walk, talk, learn, and shoot together. On our stroll, we will look for natural lighting, adjust our exposure, get creative with composition, and achieve those dreamy landscapes we all love. An optional mini portrait session will be available along the route. You do not need to have taken Photo Basics to come on the walk. Beginners are welcome! Feel free to bring a point & shoot, a film camera, a digital camera, or your smart phone with camera to learn on your own equipment. A practice camera will be provided for anyone wishing to try a DSLR.

### ❑ **Guided Meditation**

Meditation can remove stress and replace it with a dose of inner peace. It's one of the best tools we have to balance our emotions, deal with physical and psychological distress, and promote the peace of the present moment. But it can be tough to meditate without a guide. Meditating on your own requires some effort, while guided meditations literally walk you through a meditation and help you find a calm and peaceful state—one step at a time. This class will cover four separate mediations in one class block each with a unique theme. Meditations below range from 7 minutes to 20 minutes. There will be brief breaks in between each guided mediation to change positions, stretch, have a sip of water, and re-center. Please bring a yoga mat and pillow.



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## Educational & Wellness Classes and Workshops Cont'd

### ❑ **Fill Your Cup**

Using creative tools for inspiration, learning and development, Pete will introduce you to intuitive processes that will support the safe sharing of what is present and missing in your life. What is the cup half full in your life? and what is the cup half empty? What else do you need to invite into your life at this time? If these questions interest you, join us to learn more about yourself and your friends in the room. Please bring any pillows, mats or blankets you want to enhance your comfort as we take a 'pause' on the floor or in a rocking chair.

### ❑ **Mindful Yoga**

Wellness begins on the outside through physical activity, but it continues as we journey inside to our emotional, spiritual, energetic and mental wellness. The services I offer are meant to support a path of wellness in all these areas.

### ❑ **Benefits of CBD**

Whether you use CBD products as part of a daily regimen, to help you out with specific problems, or just want to learn more, this class you will help you discover CBD uses and how CBD products can help you.

### **Pure Romance**

A short demonstration of products and discussion that will entertain, educate and empower the group about their sexual health in a way that will have them laughing. And in the end help to enhance relationships, by teaching women how to keep the excitement in their bedroom whether they are single or taken, and how to keep the passion with their everchanging stages of life! Product will be available for sale as well.

## Fitness and Physical Activity

### ❑ **Broadway Dance**

This is your chance to get on the stage and shine! You'll learn choreography to a hit musical tune! Accessible to all levels of dance ability - beginner to expert – this class will be a fun way to get moving!

### ❑ **Self Defense**

Marshall Arts based self defense

### ❑ **Sweating to the Oldies**

Keep the momentum going!! With this class you will discover even more sweatin' fun! This low-impact cardio workout is designed to tone your arms and legs, burn your buns, and strengthen your core.

## Offsite Excursions

### ❑ **Wine Tasting Tour**

We will take a trip to The Summit Winery in Westmoreland, NH where we will sample a number of their delicious wines. Enjoy your wine with views of the rolling hills and mountains of the Southern New Hampshire region.

### ❑ **Beer Tasting Excursion**

Visit the Outlaw Brewing Company in Winchester NH. It is a small batch handcrafted beer brewing company. Because they brew in limited quantities the beer is always fresh. They specialize in blonde, pale and English brown ales.



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## Offsite Excursions Con't

### ❑ **Hike around Tully Lake)**

The Tully Trail is a 4.5-mile loop trail that encircles the largely undeveloped Tully Valley in the North Quabbin Region of Central Massachusetts. From the summit of Tully Mountain to the cascading waters of Doane's Falls, the trail connects some of the region's most scenic properties and views. Join us as we do a section of this trail to view the beautiful Doane's Falls! This out-of-camp hike that will run over lunch and be led by Takodah Staff who are certified in First Aid and CPR.

## Waterfront Activities

### ❑ **Canoeing and Kayaking**

Come learn the basics of tandem canoeing on Camp Takodah's beautiful Cass Pond or join us for an early morning Kayak. Kayaking solo in the morning as the mist rises over the lake is a great way to work up to your morning breakfast. If you master these basics skills of flat water paddling, you will be able to take advantage of all the different waterways in New England! Come try out a new way to enjoy the great outdoors!

### ❑ **Voyageur Canoeing**

Camp Takodah is home to two of the largest style canoes in existence known as Voyageur Canoes. These steady and sturdy canoes can hold 13 people each and glide seamlessly through the waters of Cass Pond provided everyone works together as a team and paddles in unison under the direction of trained Takodah Staff. They are perfect for a relaxing paddle on the lake.

### ❑ **Stargazing Voyageur Canoeing**

## Yoga, Meditation and Self Treatment

### ❑ **Mindful Yoga**

Combining yoga, coaching, meditation, body awareness, imagery, conscious breath work and guided relaxation to teach a powerful method of inner peace and alignment.

### ❑ **Guided Meditation**

Find your center and learn to look inward as you learn to control your breathing, focus your mind and block out the outside stresses and annoyances.

## Services: Mind and Body – FREE AND PAID

### ❑ **Reiki**

### ❑ **Life Coaching**

### ❑ **Meditation**

### ❑ **Massage**

### ❑ **Tarot Reading**