

Self-Care Information

The YWCA VT Women's Weekend annual 'elevated' camping with purpose retreat, now in its second year, and designed to give you permission to move yourself up on your priority list. Each year, around 52 women from across the Vermont and surrounding states come together for one weekend of self-care, sisterhood and exploration. As you can see from the attendee testimonials, video year book, and website information it is indeed a game-changer. Don't be afraid to be selfish and reclaim this weekend (and maybe next years) as yours. Come by yourself, with a friend or co-worker, the weekend is designed for all women in all stages of life, women in their early 20s to beyond their 70's. Women looking to engage in nourishing mind, body and spirit programming, where time, space, movement and breath is given towards the process! The process of self-care, healing, and exploration. Women's Weekend is a perfect setting for a weekend away. Finding the time to disconnect to reconnect on 30 beautiful acres in South Hero, VT. Direct lake front access, scenic, quiet and magical.

What takes place during Women's Weekend, and the practice of self-care?

- Yoga, Hula Hooping for fitness, bird watching, swimming, arts & crafts, lounging on a hammock, taking a cooking class, reading, etc...
- Disconnecting from technology, feeling the wind in your hair, taking a nap, running in the grass, and feeling renewed in the lake water as you try stand up paddle boarding or kayaking.
- Opportunities to hear / see / learn from practitioners / health and wellness experts in the areas of physical, social, mental, emotional, financial and spiritual well-being.
- Hands-on workshops developed to create change that lasts when you get home, try something new, build or create, have fun, hone a new skill or just be.
- Amazing Swag Bags and Raffle Prizes
- Massages, detox therapies, good food and sightseeing on 30 beautiful acres in South Hero, VT with Lake Champlain as our backdrop.
- Conversations to give you clarity on where you are and where you're headed.
- And more...

Sample Day Schedule

Time	Program / Event	Location
6:30am	Coffee / Tea On, Light Breakfast Offerings	Lodge
7-9am	Breakfast Buffet Open	Lodge
6:45-8:45am	Optional Rise & Shine Activities: Open Swim Kayaking Yoga Bird Watching	Varied Locations
9:00am	Group Gathering to Set Intention for Day and Announcements	Flag Pole
9:15-10:30am	Workshops (Optional, Please Sign Up in Advance): Sweet & Savory Tart Making Woodworking for Beginners Backyard Chick Keeping Buti Flow Dance / Yoga Honing you Story Telling Skills Bike Riding in Vermont 101 with Ride to Vineyard for private tour and tasting (this workshop goes until 12 noon)	Varied Locations – See Sign Up Sheet
All Day	Non-Alcoholic beverages & Snacks	Lodge
10:30-12:30pm	Camp Store Open Waterfront Open: Swimming, Kayaking, Sailing, Stand Up Paddle Boarding Archery Range Open Arts & Crafts Open	Varied Locations
12:30pm	Lunch Buffet Open	Lodge
12:30pm	Lunch Performance from Local Dance Troop	Lodge
1:30-2:45pm	Workshops (Optional, Please Sign Up in Advance): Family Food Prep and Grocery Shopping Planning Woodworking for Advanced Divine Inner Goddess Circle Personal Training Circuit Continuing Ed on Racial Bias Dream / Vision Board Creation	Various Locations
1:30-4pm	Camp Store Open Waterfront Open: Swimming, Kayaking, Sailing, Stand Up Paddle Boarding Archery Range Open Arts & Crafts Open	Office Various Locations
2:30-4:30pm	Chair Massage and Cold Laser Detox Therapy Sessions (30 minutes each) Sign Up Required	Office
4:00pm	Jumbo Lawn Games	Green Space in Front of Lodge
4:00-5:00pm	Appetizers & Drinks on Porch	Lodge
5:00pm	All Group Activity	WIG
5:45pm	Dinner Buffet	Lodge
7-9pm	Evening Program's (Optional) BINGO Moonlight Neon Swim Star Gazing with the VT Astronomical Society Camp Fire Sign-A-Long with S'more Cart	Varied Locations
9:00-11pm	Retreat back to Cabins / Lights Out	Assigned Cabin / Sleep Accommodations

