

Hello,

Krista and I are so excited that you will be joining us for the fourth annual Women's Wellness Retreat that takes place September 25th- 27th. This year's theme is "Creating Grace," which is a practice that is essential to reframing our thoughts regarding traditional beliefs about self-care!

Attached to this email is the suggested packing list. We will have copies of all documents at check-in, as well as cabin assignments and the itinerary, prepared closer to the weekend dates. If you joined us last year, you know that we use a combination of conversation, meditation, movement, activities that encourage emotional wellness, and getting women back into healing circles as the framework for the weekend. This retreat aims to frame wellness and mindfulness in a holistic way – targeting your mind, body, soul, and spirit. The spiritual principles will be general and inclusive of all expressions and connections. This weekend is a safe space that will be intentionally cultivated for everyone to receive kindness, unconditional love, respect, and acceptance.

No matter where you are on your wellness journey, there will be plenty offered to keep you engaged with the group, or time for rest if that is what you need. We want you to make this weekend YOUR wellness retreat. We encourage everyone to participate in as many scheduled activities as they feel right for YOU, as this is an opportunity for growth and learning. Everything on the itinerary that we are offering is optional. We want you to feel empowered to spend the weekend in a way that feels good for you. If this is rest, then rest. If you require movement, move. If you want nature, you are surrounded naturally within the campgrounds. We will also have the independent crafting area set up again this year in the dining hall. We will also have lots of reading materials set up near the crafts that you can borrow during the weekend.

Remember that our WIFI and cell reception is spotty in the campgrounds. So, if you are interested in experimenting with unplugging, planning, and alerting your important contacts ahead of time can be a huge asset to alleviate any stress or anxiety associated. Unplugging from cell phones and social media may be an enhanced way to experience a greater embodiment of peace and joy.

There is a strict no-smoking policy that will not allow for smoking/ vaping on the grounds, in the cabins, or only out by the main road. Dunkirk has a beautiful decline hike down to a private beach. We ask that if you are hiking down to the beach, you take a friend (or two) as a general practice. It is safest to have someone with you who can alert the Director or 911 if injured, etc.

Check-in is from 6 pm to 6:30 pm in the Dining Hall. We will have your goodie bag, folders, cabin information, and if you need, we can take any last-minute payments from you then. Unless previously requested, each woman has her own bedroom space. If you need to arrive earlier than 6 pm or later than 6:30pm, please let one of us know so that we can help facilitate your arrival, check-in, and cabin assignment with you ahead of time. If you have any other questions or things that you would like to discuss ahead of time, please contact either of us below.

We can't wait to see you!

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