

Sister Soul Summit

BE STILL & KNOW ~ 2023 SUMMIT



WELCOME PACKAGE

Everything you need
to prepare for your
retreat

Peaceful DESTINATION

Give yourself the retreat you need.
Join us in the relaxing serenity at
Moose Camp Fishing Resort



FALL | SEPT 21-24, 2023

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WELCOME LETTER



Hello, and welcome to our sisterhood! 💕

We are so excited to have you join us for this magical weekend getaway to Moose Camp!

Many of us are feeling the intensity of the shift in recent years. The Divine Feminine energy is rising, returning to bring balance back to our planet and all of Creation. Some of us are feeling the need to come together and assist in ushering this new age in: To bring more peace, love and joy into our own lives, heal our (intergenerational) trauma and awaken.

We are honoured to have you join us for this transformative weekend, as we clear out the patterns of who we used to be and make room for who we are becoming.

~ Relax. Restore. Rejuvenate. ~



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HELPFUL TIPS FOR GUESTS

When You Arrive

Please meet at the **Wells Gray Inn (behind the building)** (228 Southern Yellowhead Hwy) at **2:00 pm** and we will convoy up to camp.

If you don't want to drive up to camp, please contact us and we'll make arrangements so you don't need to drive your own vehicle.

Prior to check-in please make sure you've returned your Health Questionnaire & Liability Waiver/Release (pages 12-14 of this document). Please return your completed forms to sistersoulsummit@gmail.com.

Once You Have Checked-In

We will convoy the 33kms up to majestic Moose Camp and once we're all parked and behind the gate, your luggage will be loaded and brought into Camp for you.

From here we'll get started right away with a ritual many Moose Camp goers have enjoyed over the 100 years of History; a slow, gentle walk into Camp.

Your first of many opportunities to connect with your senses, the forest, and yourself! The stroll into Camp from the parking area is less than 1km but we will take our sweet time, unplugging from the daily "busy" with every step we take closer to the quiet serenity.

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HELPFUL TIPS FOR GUESTS (continued)

Once we arrive at Camp you will have time to settle into your cabin and get comfortable.

Around 5:00 pm we will have a meet & greet in the Dining Hall and dinner is served at 6 pm. We will all dine “family” style together around the big aspen table. Following dinner we will have some time to share a little about ourselves with some icebreaker activities.

Summit Host

Julie Bonnamour will be your host and is available to answer any questions you may have before, during, and after the event.

Call: 250.674.3275 **Email:** sistersoulsummit@gmail.com

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PACKING LIST



- Journal & pen
- Sunscreen
- Bug spray
- Hat
- Swimsuit
- Beach Towel
- Toiletries
- Comfortable clothes for yoga, walking and relaxing
- Phone Chargers (note there is no wifi)
- Camera (and SD, batteries, etc.)
- Flashlight (for the late-night journey to the outhouse)
- Favorite teas or snacks



Packing tips!

- Be sure to pack any prescription medication or medicine you may need, including epi-pens, inhalers, or any other fast-acting medication.
- Weather at Camp in late September can vary throughout the day, be sure to pack layering clothing for example; days can get up to 20+ degrees and nights that get down to 2 degrees.

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ACTIVITIES

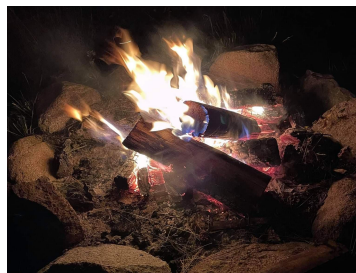


From past experiences with Women's Retreats up at Camp, once we get up here the weekend will be fluid and exactly as it needs to be. Keeping that in mind and knowing many people like to know what's up, we've included a general schedule to help you know what to expect.

When you check in at Camp you will receive a welcome bag that will include a more detailed schedule for the weekend. In the meantime take a look at what we've got lined up for you!

The schedule on the following page is subject to change based on a few variables, mainly group needs, as well as weather.

As always, all activities are optional and guests are welcome to partake in activities in a way that feels right for them. As long as respect and compassion are present among participants, everyone is welcome to participate in activities to the level they are called to and are comfortable with.



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sSs 2022 TENTATIVE SCHEDULE

<i>Thursday, Sep 21, 2023</i>	
2:00 PM	MEET IN THE WELLS GRAY PARKING LOT
	PARK AT MOOSE CAMP & CEREMONIAL WALK INTO CAMP
	SETTLE IN
5:00 PM	MEET N GREET
6:00 PM	DINNER
8:30PM	VISION FOR WEEKEND
	SHARING/ICEBREAKER
<i>Friday, Sep 22, 2023</i>	
	BREAKFAST
9:30 AM	YOGA/QIGONG
11:30AM	MEDITATION/JOURNALING/PRACTICING SILENCE
1:00 PM	LUNCH
2:30 PM	THREE 20 MINUTE PRIVATE SESSIONS WITH SITA/FREE TIME
4:00PM	SELF INQUIRY
6:00 PM	DINNER
7:30 PM	SINGING/CHANTING
	SHARING/Q&A
	CAMPFIRE/RELAX

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sSs 2022 TENTATIVE SCHEDULE (continued)

<i>Saturday, Sep 23, 2023</i>	
	BREAKFAST
9:30 AM	FOREST THERAPY WALK
1:00 PM	LUNCH
2:30 PM	THREE 20 MINUTE PRIVATE SESSIONS WITH SITA/FREE TIME
4:00PM	SELF INQUIRY/MEDITATION
6:00 PM	DINNER
7:30 PM	SINGING/CHANTING
9:00 PM	BONFIRE
<i>Sunday, Sep 24, 2023</i>	
	BREAKFAST
9:30 AM	YOGA/QIGONG/MEDITATION OR ROCK BRIDGE
11:30 AM	JOURNALING/PRACTICING SILENCE/SINGING
1:00 PM	LUNCH
2:00 PM	DEPARTURE

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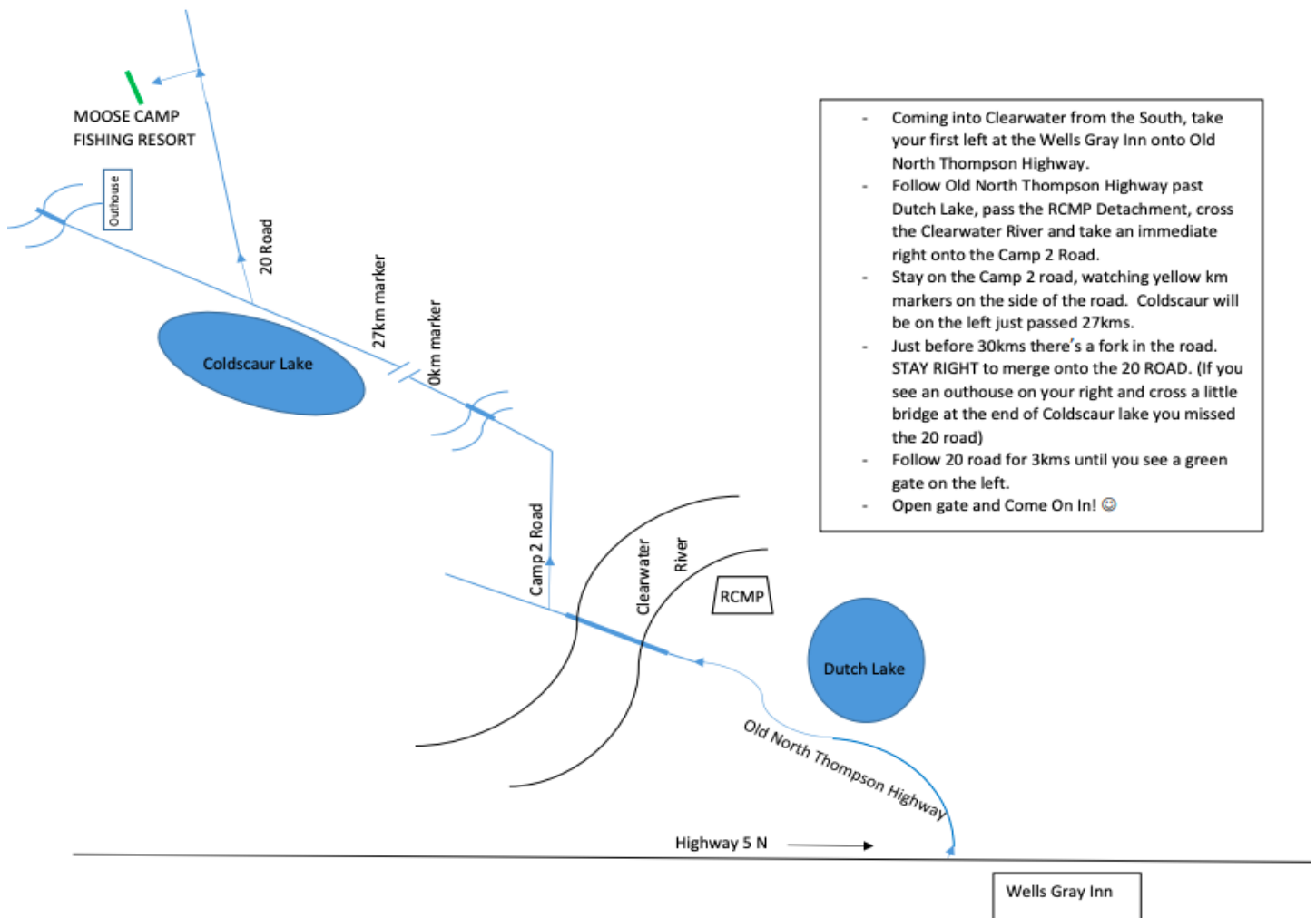
MAP OF MOOSE CAMP



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DRIVING DIRECTIONS & MAP



228 Southern Yellowhead Highway
Clearwater, BC

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EMERGENCY INFORMATION



Host, Julie Bonnamour, is certified in Wilderness First Aid and will be your point of contact, in the unlikely event of an emergency.

Although there is no cell phone service at Camp there is a landline that allows us to call out in the event of an emergency.

This landline can also be used in the event someone needs to get ahold of you while you are on your retreat. The landline is powered by solar power when the generator is not running and is therefore operational 90% of the time. If someone tries to contact you and our phone is not on they will be able to leave a voicemail. Voicemail will be checked at least every 4 hours (however not during the hours of 11 pm-6 am), this being said the solar power can usually run the phone all night. Meaning it would ring and wake Julie up in the event of someone needing to get ahold of you in the middle of the night.

Julie can also receive emails when the generator is running. Both the Camp phone number and email address are listed below.

Camp Phone Number:

778 765-5708

Camp Email:

moosecamp33@gmail.com

Your facilitators will all have radio communication with each other throughout the weekend to better ensure your utmost safety and best experience.

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PARTICIPANT AGREEMENT



PARTICIPANT AGREEMENT AND RELEASE FORM GUIDED FOREST THERAPY WALKS

Name of Participant: _____

Date & Location of Forest Therapy Walks: Sep 21-24, 2023; Moose Camp Fishing Resort

Part 1: Liability Release. You are responsible for your own well-being and safety on this walk.

1. I acknowledge that outdoor activities in natural areas entail known and unanticipated risks that could result in injury.
2. I agree and promise to accept responsibility for my own safety and well-being during this activity. I understand that I may at any time opt to not participate in any part of the activity should I feel that it is not safe, or simply that I do not want to participate for any reason.
3. I voluntarily release and hold harmless Sister Soul Summit, Nature and Forest Tours (a division of Agreement Makers), Moose Camp / Owners, the Association of Nature and Forest Therapy Guides and Programs (ANFT) and the individuals who are acting as guides on this walk from any and all claims of liability which are in any way connected with my participation in this activity.
4. If I have a medical condition or health concern that I think the guides should be aware of, I will verbally inform them at the beginning of the walk. I understand that it is my responsibility to check with medical professionals regarding my participation in the walks, prior to attending the walks. If the medical professionals have concerns, I will not attend the walk(s).

- Yes, I agree with the above conditions.
 No, I do not agree with the above conditions.

Part 2: Model Release: With your permission, SSS, Nature and Forest Tours (a division of Agreement Makers) may record and/or take photographs of you and your group on this walk. We would like your permission to use these photographs in promotional materials which may include social media, website, printed flyers and books, and videos. Also, we are sometimes asked by news reporting agencies and publications to provide photos for articles they are writing about nature connection topics. If you are not comfortable with having photos that include you taken and possibly used in these ways, we prefer that you mark "No" in the box below; we want for you to have a relaxed and stress-free experience on your walk.

- Yes, you may record/take photographs of me and use them as described above.
 No, I prefer not to be photographed/recorded.

Date:

Signature:

City of Residence:

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HEALTH QUESTIONNAIRE



Date: _____

Full Name: _____ DOB: _____

Address: _____

email: _____

Phone: _____ Alt Phone: _____

Primary Care Physician: _____

Physician Phone number: _____

Medical Insurer _____ Group|Policy No _____

Emergency Contact: _____

Relationship: _____

Phone: _____ Alt Phone: _____

Does your doctor know you are going to participate in this program: Yes No

Does your emergency contact person know you will participate: Yes No

Do you wear a Medic-Alert Tag or any other marker of a medical problem? Yes No

If yes, please describe:

Do you have allergic or anaphylactic reactions to any insults, such as environmental substances, foods, drugs, insect bites or stings? Yes No

If yes, please describe, and let us know if you carry an Epi-pen or other fast-acting medication:

If you walked on the level for a mile at an average pace would you get out of breath, have pains in the chest, develop muscle fatigue or have pains in your legs? Yes No

Describe your degree of fitness in your own words:

Do you have any other health or mental health-related concern, condition, or disease that program guides should be aware of, including addictions, substance use and/or recent stays at a rehab/detox facility? Yes No

If yes, please describe:

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HEALTH QUESTIONNAIRE (continued)



This information is accurate and complete. I agree to communicate fully with program instructors and Guides any health concerns that may arise. I give my permission to the staff of the Association of Nature and Forest Therapy Guides to seek emergency medical diagnosis or treatment for me in the event that I am unconscious or unable to make my own decisions. I understand that should I need medical care for any reason while participating in this program the role of Guides will be limited to emergency first-aid and either transportation to the nearest medical facility or contacting such a facility to arrange emergency transport.

SIGNATURE: _____