

# WOMEN'S WEEKEND<sup>2</sup>

MAY 13-15, 2011



ALL-INCLUSIVE † HEALTHY MEALS † MEDITATION  
YOGA † MASSAGE † TRIATHLON TRAINING † CRAFTS  
RELAXING † PILATES † WELLNESS † HIKING † KAYAKING  
NIA † ROPES COURSES † CAMPFIRES † LIVE MUSIC

The Camp Manitowa Women's Weekend 2 – a weekend getaway in the great outdoors with the phenomenal women in your life and many more you're about to meet – has something for everyone. You and your friends can enjoy a relaxing weekend away in the serene setting of Rend Lake, hiking, kayaking, climbing and participating in all the other activities that Camp Manitowa facilities offer. At any given time throughout the weekend you'll have several optional activities, including yoga and pilates classes, crafts, an area winery tour, and even a massage (massages are extra). You may wish to join the triathletes who are preparing for a successful triathlon season, with a full-course weekend proctored by 12-time Ironman, Sally Drake. Or you may choose to relax, learn to make green smoothies and catch up on your reading. Whatever your definition of a weekend getaway, the Women's Weekend 2's schedule can accommodate you.

Accommodations and weekend activities will be offered at Camp Manitowa, a brand new, fully-equipped summer camp and retreat facility nestled between Lake Hamilton and Rend Lake. Lodging will be in the Camp's signature circular "yurts". Healthy, homemade meals with a camp / comfort food twist will be provided by our retreat chef, with a vegetarian option available at each meal (Friday dinner, Saturday breakfast, lunch and dinner, and Sunday breakfast and lunch). At night campers will be treated to camp fires, music and socializing. Optional daytime camp activities include a low and high ropes course (the high ropes course is a 1 ½ hour commitment and must begin precisely at the scheduled time), zip line, kayaking, hiking, crafts, and all spring activities the facilities support. All camp options are available at any time throughout the day. The ropes course must begin at the six different precise start times listed in the schedule. Saturday's evening program includes live music around a camp fire.

## CAMP MANITOWA BUNKING FACILITIES . . . . .

At Camp Manitowa, "Yurt Living is Good Living!" Yurts are elevated, large circular structures with a little more than 700 square feet of living space. Every Yurt is equipped with windows, a retractable dome, ceiling fan, beds, storage, electricity and wood floors. Each Yurt comfortably holds 12 adults so make plans now to get a group together and reserve your yurt for the weekend. Indoor restrooms with electricity, hot showers and mirrors are adjacent. *All inclusive rates for the weekend include yurt accommodations.*

A limited number of dorm rooms are also offered for a slight up-charge (\$75 more). Dorm rooms include access to shared bathrooms (2 bathrooms per 4 dorms). Hotel rooms can also be reserved at the Rend Lake Resort approximately 5 miles from Camp Manitowa. Please see [Rend Lake Resort](#) for Rates.

# WOMEN'S WEEKEND 2 SCHEDULE

Women's Weekend 2 provides you a balanced program with plenty of recreation opportunities and free time.

Women's Weekend 2 Activities (\$150)
  Triathlon Training Camp Activities (\$200 for all)
  Combined Activities

Time	Scheduled Activities (\$150)		Triathlon Training Schedule (\$200)	
<b>FRIDAY, MAY 13 ~ ARRIVAL DAY (ANYTIME BETWEEN NOON AND 8PM)</b>				
Noon	The first 50 registrants get a free t-shirt in their goody / registration bag upon arrival!  If you sign up for the \$150 weekend and decide to add in some tri training events, add \$20 per class and pay on Sunday at check-out.		Arrive and Settle In	
2:00 p			Easy run from Camp Manitowa	
3:30 p			Yoga / Pilates or Optional Camp Activities, including: ropes course, kayaking, nature hike, massage (extra fee)	
4:00p			Tri / Yoga Gear Boutique** Opens – Exclusives from Swim. Bike. Run. Tri. Store	
5:00p	Women's Weekend 2 guests arriving 5p-8p and settling in	OPENING CEREMONIES with Yoga 101 – basics & stretch class w/Amy, 45min		
6:00p		Welcome Dinner with tips on Healthy Snacks and Training Foods		
7:00p		Open Time to explore yurts & grounds		
8:00p		Camp Fire with Team Building Activities		
<b>SATURDAY, MAY 14</b>				
6:30 – 9:00a	Hot Breakfast: 6:30a – 9:00a			
7:00a	Brisk ½ hour walk around the property		Choice of Stretch or Transition Prep Tips	
7:45 a	Women's Weekend 2 Photos		Triathlon Training Camp Team Picture	
8:00a			SAG supported ride from Camp Manitowa	
8:30a	1½ hour Yoga / Pilates Core Balance Class with Dianna	Ropes Course Session (1 hour 15 min, must begin at 8:30a)		
10:00a	Free Time / Camp Activities	Nia with Marianne		Ropes Course Session (1 hour 15 min, must begin at 10a)
11:00a	Yoga with Sheila		Free time / camp activities	Short Run & Transition Practice
noon	Healthy Lunch: noon – 1:00p			
1:00p	Organic Facials	Free time	Wine Tasting Trip to Pheasant Hollow Winery 4 mi. away (15 passenger bus leaves for Pheasant Hollow at 1p and returns to Camp Manitowa at 3:00p.)	Bike Maintenance 101
1:30p		Ropes Course Session (1 ½ hours, must begin at 1:30p)		
2:00p	Craft Activity - paint your own wine glass(es)	Ropes Course Session (must begin at 3p)	Meditation with Dianna	Open Swim Workout or Optional Open Time Activities: Kayaks, High Ropes Course, Water Sports, Massage* Tri / Yoga Gear Boutique** Opens
3:00p		Ropes Course Session (must begin at 4:30p)		
4:00p	Thai Yoga Therapy with Na-Dodua (practiced in pairs)	Green Smoothie-making in the kitchen (as seen in Yoga & Spa Magazine)		
4:30p				
5:00p				
6:00p	Healthy Dinner			
7:00p	Free Time			
8:00p	Camp Fire/Live Music			
<b>SUNDAY, MAY 15 ~ CHECK OUT AT 2PM</b>				
6:30 – 9:00a	Hot Breakfast 6:30a-9:00a			
8:00a				
9:00a	Fitness Kickboxing with Charlie Foxman (45 min)	Yoga with Amy	Thai Yoga Therapy with Na-Dodua	<b>Option #1: Putting it All Together: Timed Sprint Triathlon – Rend Lake</b> (will follow “Last Try” Triathlon course) – Fully supported with SAG and aid stations <b>Option #2: Long Ride – “Last Try” ½ Ironman Course</b> (shorter options available) <b>Option #3: Long Run – Rend Lake Bike Path</b> <b>Option #4: Long Swim – Rend Lake-</b> Includes lifeguards / kayak support
10:00a	Tabata Boot Camp with Charlie Foxman (30 min)	Ropes Course Open, Kayak, Hike, Jog,	Nia with Marianne	
11:00a	Connect with Nature Hike with Dianna		Yoga with Sheila	
noon	Lunch / Goodbyes			
2:00p	Women's Weekend 2 Officially Ends - Check out of Yurts & grounds			

\*Massage: Massages available for extra fees. Fees paid directly to the massage therapist.

\*\*Yoga Gear Boutique: Yoga mats, straps, blocks and blankets will be available for sale. If you don't own these items and wish to take a pilates or yoga session, you may wish to purchase them here, as Camp Manitowa has a limited supply of yoga mats. Triathlete gear will be available as well.

## TRIATHLON TRAINING CAMP . . . . .

12-Time Ironman finisher Sally Drake and a team of professional triathlon coaches and wellness instructors will guide you through open water swims, cycling on challenging country roads, and scenic runs. The weekend will also include strength and endurance training, stretching, yoga, massages, nutrition education, race day strategy tips, SAG/ mechanical support for all rides and a sneak preview of 2011 triathlete/yoga gear with special discounts. Sunday includes an *optional* "race day" simulated sprint triathlon to test your skills. Free goody bags and technical women's fit t-shirts to the first 30 registrants!

Use the weekend to prepare for your 2011 race season, meet new friends and demo the course for the fantastic Last Try Triathlon in October. Discounts for the October Triathlon Weekend at Camp Manitowa will be offered to all participants. REGISTER NOW – CAMP ACCOMODATIONS LIMITED!

## FACILITATORS / TRAINERS . . . . .

**NA- DODUA ANKRAH** Na- Dodua's journey of facilitation began 13 years ago with the practice and teaching of Reiki and working with natural foods and vitamin-supplements. Her yoga practice inspired 5 years studying Kung Fu, Taiji Chuan & Chi Gong and meditation. The stillness of meditation opened her to Accroyoga and to Thai Yoga Therapy in 2008 and continues to give and teach so much about compassion and the poetry of the human body. Since graduating from the Chicago School of Thai Massage in October of 2010, she is eager to learn, share and practice the sacred art of Thai Yoga. Om Namoh!

**REBECCA BROWN** Rebecca Brown is a Camp Manitowa Co-Owner, 2-time Ironman finisher, 15+ marathons including Boston and NYC. Rebecca is passionate about helping others find a balance between reaching personal athletic goals without sacrificing other professional and personal responsibilities. Mad Dogg Spinning certified and generally happy to have two kids and still be hanging in the middle of the pack she relishes the opportunity to open up her family camp for a weekend of sweaty camaraderie and friendship.

**LISA DATTILO** Lisa Dattilo is the first to bring Ki-Hara Resistance Stretching to the St. Louis area. As a distance cyclist and spinning instructor, she suffered from extremely tight muscles in her arms and back, which lead to hand palsy. Lisa learned first hand about the therapeutic aspect of this system when she broke her radius and scaphoid in 2008. Traditional physical therapy was not enough. Through the Ki-Hara method, she recovered with full range of motion and strength through every finger. It removed scar tissue, increasing circulation and released pressure from the broken bones. She has since become certified in what she believes is the foundational element in all core stability... being able to completely contract the muscle as well as stretching the muscle, giving you the ability to become stronger and more efficient.

**SALLY DRAKE** Sally Drake, a 12-time Ironman is a triathlon coach and Regional Manager for TrainingBible Coaching. She enjoys coaching triathletes, cyclists and runners of all levels from newbie to pro, with a passion for helping them achieve or exceed their goals. Sally also believes in guiding athletes to find balance in training and family life and customizes her clients' training schedules as needed to find this balance. Specialties include Iron and Half-Iron distance triathlon, nutrition and functional strength. Certifications: USAT Level II Triathlon Coach, AFAA Personal Trainer, Mad Dogg Spinning, CrossFit Kettlebell, USAT Certified Race Director.

**AMY EBERT** Amy Ebert has dedicated more than half her life to health and fitness. She was certified in 1993 as a personal trainer and has been teaching Hatha Yoga for six. Amy has taught in many local gyms/ studios and now is dedicated to a more hands on-approach, going to homes and business working one-on-one and in small groups, striving to help each person achieve his or her fitness goals.

**SHEILA FAZIO, RYT** Sheila Fazio is a Holistic Therapist, Yoga Teacher & Bodyworker. She passionately shares the ancient living tradition of yoga. Sheila's classes are devotional in nature and emphasize self love and acceptance. Sheila shares powerful healing practices learned from her amazing teachers, Saul David Raye and Rod Stryker. Sheila also helps students learn how to perform healing energy work during their yoga practice. Sheila draws from Buddhist philosophy, self inquiry, radical acceptance and healing affirmations. Ms. Fazio also provides Cranial Sacral Therapy, Reiki and Holistic Mental Health Counseling.

**CHARLIE FOXMAN** Charlie Foxman, holder of two Black Belts, is an experienced martial artist who teaches hundreds of adults and children each year the ancient art of Tae Kwon Do and the modern day skills for self-protection. He is a Certified Martial Arts Instructor (ACMA), a Certified Fitness Kickboxing Instructor and a Certified Wellness and Weight-Loss Coach. An accomplished instructor, for over twenty years, Mr. Foxman is regularly sought out as an expert speaker on personal protection skills, physical fitness, nutrition and martial arts. He invented the EZRoPe, a fitness tool designed to enhance the health of children, adults and seniors, and will be supplying all those who attend either of his one hour classes on Sunday with a free set.

**DIANNA LUCAS** Yoga & Pilates Instructor, Personal Trainer, Wellness Coach, Editor-Yoga & Spa Magazine, Dianna is passionate about delivering the insights in the healing arts she's studied and applied for over 25 years. Dianna specializes in integration of mind, body, and spirit through meditation and kinesthetic movement. Using the concepts of Pilates, Yoga and core fitness, health and nutritional information, guidance with herbal and naturopathic practices, and creative thinking, Dianna facilitates the attitudes of clients to achieve success and well-being.

**MARIANNE ROSENTHAL** Marianne Rosenthal brings her experiences in dance, martial, and healing arts to her Nia practice and teaching. Nia provides mindful movement and purposeful pleasure while dancing through life with the mind, body, spirit, emotions and eclectic music from around the world. Marianne believes that creating community is key to the climate of the classroom. The greatest gift of teaching Nia for Marianne is the knowledge that her students will leave a class feeling better in their bodies than when they entered the space. Nia offers self-healing through the JOY of movement, eclectic and sensual music, and a dose of magic!

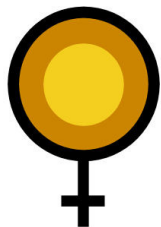
## RATES. . . . .

Women's Weekend 2 is offered at an all-inclusive price of \$150. This price includes:

- ★ All activities outlined on the schedule in yellow (drop in to just one of the land-based Triathlon Training Activities outlined in blue too, for just \$20 more)
- ★ All meals and snacks including Friday dinner, Saturday breakfast, lunch, dinner plus snacks & Sunday breakfast & lunch
- ★ Friday night and Saturday night's accommodations in Camp Manitowa Yurts (limited number of dorm rooms available for additional \$75 charge)
- ★ Instruction by certified yoga / pilates instructors & massage therapists

The Triathlon Training Program offered by Sally Drake is offered at an all-inclusive price of \$200. This price includes:

- ★ Friday/Saturday Night Accommodations in Camp Yurts (limited number of dorm rooms available for additional \$75 charge)
- ★ All meals and snacks including Friday dinner, Saturday breakfast, lunch, dinner plus snacks and Sunday breakfast and lunch and aid station support for Sunday race
- ★ Fully supported/SAG rides, lifeguarded open swims
- ★ Instruction from professional triathlon coaches and certified wellness instructors
- ★ "Race day" simulated sprint triathlon
- ★ Technical t-shirt and goody bag to first 30 registrants
- ★ Evening activities including live music
- ★ Special discounts for upcoming training and certification programs in August and October



# CAMP MANITOWA WOMEN'S WEEKEND 2

May 13 – 15, 2011

Please complete this page and email it to [dan@campmanitowa.com](mailto:dan@campmanitowa.com),  
fax it to: 314-685-2368

or mail it to: Women's Weekend 2, c/o Camp Manitowa, P.O. Box 16613, St. Louis, MO 63105

\_\_\_\_\_  
Last Name, First Name

\_\_\_\_\_  
Email Address

\_\_\_\_\_  
Mailing Address

\_\_\_\_\_  
Phone Number (Home & Cell)

\_\_\_\_\_  
City State Zip Code

\_\_\_\_\_  
How did you hear about this retreat?

### Camp Information:

- ☞ Weekend cost of \$150 includes all meals, lodging, and regular programming. Triathlon Training Program is \$200.
- ☞ Yurt cabins have a maximum capacity of 16. We will have no more than 10 women staying in one yurt cabin unless a larger group requests to be together. Our two shower house buildings will serve the yurt cabins. There are no bathrooms in the yurt cabins.
- ☞ A limited number of dorm rooms are available for those who need special accommodations for an additional charge \$75. Dorms have two bathrooms per quad of rooms.
- ☞ Check-in is from noon (triathlete training begins at noon) until 8pm (opening ceremonies at 5p, dinner at 6p) on Friday May 13, and Check-out by 2pm on Sunday, May 15.

Please list any participants you would like to bunk with during the retreat (we will do our best to accommodate all requests):

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Payment Information:

Cost:  Yurt \$150  Dorm Room \$225  Triathlon Training Yurt \$200  Tri Training Dorm \$275  
(add \$20 to your total to drop in a land-based Tri Training option)

Please make check payable and mail to:  
Camp Manitowa, Inc, P.O. Box 16613, St. Louis, MO 63105

### Credit Card

Visa  MasterCard  Discover  American Express

Amount to be charged: \$\_\_\_\_\_ Sec Code (3-digits on back of card): \_\_\_\_\_

Name as it appears on card: \_\_\_\_\_

Card Number: \_\_\_\_\_ Exp: \_\_\_\_\_

Signature: \_\_\_\_\_

\*In the event of cancellation, \$100 is refundable up to May 1, no refunds after this date.

# WOMEN'S WEEKEND 2 MEDICAL/CONSENT FORM

This information is to be used by Camp Manitowa staff only in the event of an actual injury or illness. They may not review this information unless such need arises.

\_\_\_\_\_  
Family Physician Name

\_\_\_\_\_  
Office Number

\_\_\_\_\_  
Insurance Co.

\_\_\_\_\_  
Policy Number

\_\_\_\_\_  
Medications

\_\_\_\_\_  
Dietary needs (vegetarian, vegan, etc)

\_\_\_\_\_  
Allergies (Food, Insects, etc.)

\_\_\_\_\_  
Recent Illnesses/Activity Restrictions

\_\_\_\_\_  
Emergency Contact

\_\_\_\_\_  
Relationship

( ) \_\_\_\_\_  
Cell Phone

( ) \_\_\_\_\_  
Home Phone

## MAILING LIST

I give my permission for any photos or videos taken of me during the outing at Camp Manitowa to be used for public relations.

## PHOTO RELEASE

I give my permission for Camp Manitowa to add me to their mailing list.

## LIABILITY

I hereby release Camp Manitowa and the Camp Manitowa employees, volunteers, and chaperones from any financial or legal responsibility that may result from this outing. To insure prompt attention in case of serious accident or illness, I hereby authorize the persons responsible to incur expense deemed necessary and agree to pay for the same. Should the need arise; I give permission to the Camp Manitowa staff to take me or other registrants on this form to a doctor or hospital for medical treatment. I also authorize a Camp Manitowa chaperone to execute any or all documents on my behalf, including necessary releases, which might be required by a medical facility to perform emergency care.

## MEDICAL AUTHORIZATION AND RELEASE

Should I sustain or incur an accident or illness while attending Camp Manitowa, I hereby authorize an agency official to execute any and all documents on my behalf, including necessary releases, which may be required by a medical facility to perform emergency care. All attending adults must sign below:

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date