

WONDERFUL

Ask Deb about Knitting

Hone your skill or take it to the next level with our experienced knitter Deb White! Bring your needles, projects or nerve if you are new to knitting. You will leave with a relaxed mind and a new hobby! Bring your own work or learn how to knit and walk away with a project.

Bring \$10 for the cost of the materials, if necessary.

Book Club

One of the most popular workshops and hosted by Chapter's. Take time to relax and find a good read or two. Our regular hostess is back this year! Enjoy a recommendation by a peer through "Bring a book and get a book!" This way you leave with 2 books! All for the low price of \$10.

Free Time

Relax and shop, relax and swim, relax and sleep or simply linger over breakfast with a friend...the choice is yours!

Zumba

Join Edward from the YMCA for a peppy morning aerobic workout! We are excited to offer this 45 minute workshop to members and look forward to pumping it up!
Cost: \$5.00

Guided Walk:

You ask, we listen! Join Monica at the front doors at 11:00 for guided walk!

WORKSHOPS

Encaustic Painting

Back by demand! Have the popular beeswax painting experience with Julie Davidson! Take a moment to unwind and release your creative energy with this mixed media arts workshop! Bring \$10.00 for materials!

Yoga with Nicci Rea

Get ready to move! Wear your comfy clothes to enjoy yoga with Nicci! A popular class at our retreats. This is a class for balance, flexibility and relaxation for all levels. Beginners are welcome! Modifications will be made for all levels of experience and fitness. Don't forget your yoga mat and arrive early!

Essential Oils 101

Natasha Vankoughnett will revolutionize your ideas about personal health and a toxin-free home using pure essential oils! Make and take a deodorant, a roller or room freshener!
Cost \$5.00

Aquafit

Are you feeling energized in the morning? Or, would you like to? Join Sara Wellwood, an experienced instructor from Goodlife, in the water to start your day! Then you can hit the hot tub afterward to relax your muscles! This is offered free to you; just don't forget your suit!

Questions? Concerns?

Please email me, Molly Brunet, at
molly.r.brunet@gmail.com

Please email me when your application is en route.

Choose your top 3 workshops
in order of interest:

- Encaustic Painting
- Yoga
- Essential Oils
- Aquafit
- Zumba
- Book Club
- Free Time
- Knitting
- Guided Morning Walk

Be ready to shop and explore at the
Local Vendors' Space
Open from 9:00 - 12:30

Detach this portion and send it in the
courier along with a cheque,
(payable to ETFO Limestone Local),
to the

ETFO Limestone Local Office.
If paying with cash, please hand deliver it
to the local office
739-C Arlington Park Place
Att'n: Women's Retreat.

Please include the prices for your top
workshop picks with the room costs.



REGISTRATION FORM

Name: _____

School: _____

Home Phone: _____

Non-board Email: _____

Pre-arranged Dinner Seating*

I would like to be seated with

_____ school

Special Dietary Requirements

Accommodation Requests:

Double Room: Two Double Beds

(Cost: \$99)

Single Room

(Cost \$139)

Roommate Request:

*Every effort will be made to accommodate roommate and seating requests, however specific assignments cannot be guaranteed.

PLEASE JOIN US AT THE LIMESTONE WOMEN'S ANNUAL RETREAT!

The Elementary Teachers Federation of Ontario,
Limestone Local presents....
The Annual Women's Retreat!
Join us at the Glen House Resort
Friday, February 22 - Saturday, February 23, 2019

RELAX

Relax at the Hospitality Suite with *free* drinks and munchies from 5 -7!

Relax in the hot tub or pool, or better yet, both! Or simply relax among friends or find some solitude in the beautiful scenery outside!

RESTORE

Come and take the time to re-balance yourself at our annual retreat!

Enjoy some restorative therapy. Discover products from local vendors and pamper yourself or family members!

RE-CONNECT

Take this time to re-connect with colleagues from all over our amazing local. What a wonderful opportunity to enjoy a drink or dialogue!

Re-connect with yourself by engaging in workshops for the body or the mind!

Directions to Glen House Resort: 409 1000 Islands Parkway
From Hwy 401, take the 1000 Islands Parkway Exit. Continue along the 1000 Islands Parkway until you find the Glen House Resort, located at 409 1000 Islands Parkway, on the righthand side! There is plenty of parking or reduce your carbon footprint by carpooling.

Double
Accommodation
only \$99 each!

Mediterranean
Lunch Menu
this year!

Jenika and her
band are back
by
demand!

Sign up for
our new
workshop
Aquafit!

Download
your itinerary
to your
phone!

