

# Print and Keep This Page For Directions and What to Bring.

## STEP INTO YOUR POWER

A Women's Retreat

Friday-Sunday / May 3-5, 2019

\$175 - Five Meals and Two Nights Lodging  
At Camp N-Sid-Sen on Lake Coeur d'Alene.

36395 Idaho 97, Harrison, ID 83833

### WHAT TO BRING

- Sleeping bags/bedding/pillows
- Towel/washcloth
- Toiletries (toothbrush, toothpaste, soap, may want ear plugs)
- Flashlight
- Clothes for different kinds of weather (layers!)
- Journal or notebook
- Pen/pencil
- Snacks you like to have in community room in between meals.
- Beverages if want something other than coffee, tea or cocoa
- Something sacred to you, to place on our altar, which you'll take back home with you
- You are invited to prepare a reading, song, story or whatever inspires you to present during our voluntary Spirit Share.
- Bring a Yoga mat if you would like to participate in morning yoga.
- Drums or other musical instruments are welcome.

### SCHEDULE

Date	Time	Description
Fri, May 3	4-5 PM	Check In
	5-6 PM	Ice Breakers
	6 PM	Dinner
	7 PM	Program Starts
Sat, May 4	8 AM	Breakfast
	9 AM	Morning Sessions
	12 PM	Lunch & Free Time
	3:30 PM	Afternoon Sessions
	6 PM	Dinner
Sun, May 5	7:30 PM	Spirit Share
	8 AM	Breakfast & Packing
	9:30 AM	Closing Session
	10:30 AM	Closing Ceremony

Please honor our commitment to the group process by attending all sessions.  
Be prepared for a wonderful heart centering, laughing, crying, restful good time!

### DIRECTIONS FROM INTERSTATE 90 FREEWAY (I-90)

From I-90 take Exit 22 for Harrison/St. Maries/Wolf Lodge.

Go South on Hwy 97 approximately 20 miles.

Continue 1.5 miles past the Carlin Bay Marina.

The camp is on the right between mile post 78 and 77.

Note: If you reach Harrison, you've gone about 8 miles too far!



**Event coordinator and host: Nancy Nelson-Walz (208) 755-5158. Sponsored by USCNI.**

**Cancellation Policy:** Due to the contractual terms with Camp N Sid Sen, a full refund is available for cancellations received prior to March 1, 2019. For cancellations received prior to April 1, 2019 a fee of \$25 will be charged. Cancellation received from April 1 to April 15, 2019 receive a 50% refund. No refunds for cancellations after April 15, 2019. The deadline for registration and payment in FULL is April 15, 2019.