



# Alexandra Neighbourhood House Westcoast Women's Weekend

## WESTCOAST WOMEN'S WEEKEND WORKSHOPS AND SPEAKERS

**Friday October 15:** 5pm Registration, 6:30pm Meet & Greet Wine and Cheese at Beecher Place  
Guest Speaker, **Kylie Hutchinson**

*Kylie Hutchinson is a consultant to nonprofits, a trainer, public speaker, volunteer, mother, dog walker, wife, and full-time juggler. In 2000 she and her husband embarked on an epic cycling trip to Patagonia with disastrous yet funny results. Come and hear her inspiring story of adventure and loss, and the ups and downs of life that we all must face.*

**Saturday October 16: Workshops 9am-4pm (See descriptions below)**

Dinner 5:30-6:45pm

Entertainment 7pm-10pm in Alexandra Hall

Cash Bar

Music by **Heidi McGurdy**, Local Singing Artist

Fundraiser

Silent Auction - Please bring a donation item

*(This fundraiser helps us keep costs down for our participants and raise funds for low-income women to attend)*

**Sunday October 17:** 7am Breakfast Guest Speaker, **Carolyn Cooper-McQuatt - Living Above the Line**  
Workshops 9-11:30am  
Lunch Noon-1:15pm, Check-out 2pm

*“Ignite Your Vision & Spirit” Develop an unwavering focus on acquiring a positive mind-set, choose to “Live Above the Line” and build a new inspired vision for your future. At this presentation you will discover a proven process that will help you to focus on important aspects of your unique experience here in life, recognize your reality of your comfort zone and realize new elements to build a new*

- *There will be 2 hot tubs available for your use all weekend so bring your bathing suits!*
- *Most workshops will average 2 hours. Gentle Flow Yoga is 1 hr 15min.*

## WEEKEND WORKSHOPS (Choose Three)

### **Rhythm Wellness, Drumming and Community Building Playshop (Billy Knutson)**

Effective and powerful experiential learning. This “out of the box” playshop will break down barriers, open creative thinking, de-stress, re-energize and inspire. It will encourage creative self-expression and fun without pressure or performance anxiety. It is truly a fun, attitude-changing experience - a must for anyone who really wants to break through self-imposed barriers and feel re-energized!

### **Belly Dancing (Annyse, Golden Goddess)**

Belly Dance is an ancient form of dance with origins in the Orient, India and, of course, the Middle East. Although many today perceive it as a dance intended to entertain men, traditionally it was and is still performed by and for women to celebrate special occasions. The undulating movements and focus on the hips, abdominals and chest suggest a strong connection to female fertility, in both conception and labour. This fabulous 2hr workshop is perfect for anyone who wants to give belly dancing a try or just have some fun!



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## **Gentle Flow Yoga (Live Yoga)**

Work with gentle, flowing postures that will warm and open the body, encourage internal health and quiet the mind. Link your breath with poses as you move through standing and seated postures in a smooth easy manner. As resistance is released and tension shed, you will flow with the present moment. This class will take you through a series of basic yoga poses and stretches that are easily accessible. All levels welcome. Please bring your own yoga mat.

## **Leave No Trace**

Leave No Trace is a national and international program designed to assist outdoor enthusiasts with their decisions about how to reduce their impacts when they hike, camp, picnic, snowshoe, run, bike, hunt, paddle, ride horses, fish, ski or climb. This workshop is an opportunity to facilitate a well-rounded ethic for the wilderness setting but is also easily transferred to everyday life. You will be introduced to such topics as 1) Plan Ahead & Prepare 2) Respect Wildlife 3) Travel & Camp on Durable Surfaces; all through activities, group work and demonstrations in the outdoors. Wear comfortable clothing and shoes; bring an umbrella and something to sit on.

## **Laughter Yoga & Walking Meditation (CarolAnn Shannon)**

Have you ever wanted to try yoga but maybe not in the traditional sense? Come and join CarolAnn in this revolutionary workshop. You will start with a walking meditation with mindful breathing demo and will then walk the beach to practice this process. After a hot tea break you will then laugh your muscles into shape - Laughter Yoga combines Unconditional Laughter with Yogic Breathing (Pranayama). Anyone can laugh for no reason, without relying on humor, jokes or comedy. Laughter is simulated as a body exercise in a group; with eye contact and childlike playfulness, it soon turns into real and contagious laughter. The concept of Laughter Yoga is based on a scientific fact that the body cannot differentiate between fake and real laughter. One gets the same physiological and psychological benefits. Laughter yoga has been proven to reduce stress and increase one's overall sense of happiness and well being. Please bring your own yoga mat.

## **Canoeing the Nicomekl River (Saturday Only)**

Designed to introduce new canoeists to solo canoeing. Includes canoe and paddle appreciation, paddling strokes and safe canoeing practices while enjoying paddling the Nicomekl River. This activity is perfect for those who want to get outdoors and try something new, while taking in the beautiful sights of Crescent Beach. This is also a great workshop for outdoor enthusiasts who want to brush up on their canoeing skills.

## **Photography with Lynne Kelman**

Join Lynne in this wonderful introduction to photography class. Lynne has a wonderful teaching style with lots of open communication and will teach you what you need to know to get a better photograph. This workshop will include pieces on composition and balance and will allow for a variety of skill levels. Lynne has been published in several magazines and her work displayed at local galleries. This is an excellent workshop for anyone who wants to learn more than just point and shoot! You will leave inspired to be a better photographer with valuable skills that will stay with you.



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## **A Story, A Story- Lois Peterson (Saturday Only)**

Learn about the value and process of using story (written and oral) in your personal and work life in a lively, interactive workshop. The workshop will involve:

- 1) Oral storytelling by the presenter
- 2) Exploration of the elements of story
- 3) Discussion of how to use story to engage, entertain, inform and enlighten
- 4) The chance for participants to practice their new storytelling skills (in writing or spoken word).

Presenter Lois Peterson is a professional storyteller, author of more than four novels for children and one how-to writing book, and a seasoned workshop and conference presenter.

## **Kayaking in Mud Bay (Saturday Only)**

British Columbia is one of the world's premier ocean kayaking destinations, thanks to its jagged coastline and many islands, inlets and coves. If you've always wanted to try a water sport activity this is the perfect opportunity. You will be taught by a professional instructor and will get a great taste of being outdoors on the ocean. A great workshop for beginners and for those who want to be outdoors.

## **Crafting (Stamping, Card Making, Scrapbooking) - Shannon Harding**

Scrapbooking and crafting continue to grow in popularity. Have you ever wanted to try it but don't know where to start? Or maybe you're already an avid crafter but want to learn more or just don't have the time to sit down and make your projects. Join Shannon Harding from Stampin' Up for this all-levels workshop! You will make a variety of projects including cards, a scrapbook page and even a chocolate holder. Find new ways to express your creativity! Try out new products and learn a variety of techniques. This class will enable you to walk away with the projects you've made, while having fun!

## **Self-Defense for Busy Women- Lori O'Connell, 4<sup>th</sup> degree black belt (Westcoast Jiu Jitsu)**

Not all women have the time to do a full-length self-defense course or take up a martial art (though many women keep telling themselves that they really should!). So we've put together this 2-hour 'Self-Defense for Busy Women' course to give you basic self-defense tools and concepts that you can learn and master quickly, that may even save your life. Wear comfortable clothes and running shoes.

## **Line Dancing with Peggy Thomson (Phillips)**

This interactive and fun workshop will teach you how to line dance like the pros to both country and Latin music. What a great way to combine fun and exercise all at the same time! Peggy Thompson (Phillips) is a professional line dance instructor who teaches all over the lower mainland. She combines her experience and fun-loving attitude in this workshop that is guaranteed to leave you smiling! She has a few new dances that will be revealed for the first time in this women's weekend workshop, you won't want to miss out!

## **Salsa & Latin Dancing- Arthur Murray Dance Studio**

This introductory class is perfect for anyone who's wanted to try Salsa & Latin dancing or for those who want to brush up on their skills. The exciting music, and rhythmical body movements make the earthy Mambo irresistible. Salsa is the national music and dance of Puerto Rico. and is the result of many years of rhythmical evolution due to economical social and political change. Many of the Salsa dance patterns are closely related to those of the mambo. Join your instructor from the Arthur Murray Dance Studio for this invigorating dance workshop! You are sure to leave wanting more!



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## **Self Discover through Journaling- Diane Doyle**

Find a powerful system for all areas of your life by combining journaling and sketching. This fun and interactive workshop will balance your right-brain and left-brain thinking, which work marvelously together. You will be drawing on a holistic approach to develop your wisdom and ideas in an easy and creative format. With some simple journaling tools and tips you will be able to move quickly from a stuck feeling to an empowered feeling. You will be able to identify the root of your concerns and take action by thinking creatively. Facilitated by Diane Doyle, Author, retreat leader and facilitator.

## **Doorways to Shamanism & Women's Healing- Angela Prider**

Shamanism is the oldest spiritual practice on Earth. Our ancestors used its divinatory and healing techniques to live in harmony with the land and with each other, and as a way to express their spirituality. Learn how to journey to the Dreamtime to meet your Helping Spirits and Power Animals to gather wisdom and guidance.

*Angela Prider is a Shamanic Therapist, Teacher, and Reverend Shaman, practicing for almost twenty years and specializeing in classical shamanic healing and contemporary Self Regulation Therapy for those recovering from trauma.*

## **Optional Add-On**

**In-A-Hurry Manicure** (Socialite Nails) Saturday Oct 16, 3pm- 5:30pm

Let us quickly take care of you with a shape, buff, polish and massage. (By Donation- All proceeds go to Alex House to help support future women's programs) first come first served and there is limited space available. Manicures will start around.

Alexandra Neighbourhood House is located at Camp Alexandra  
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