



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 2025 WOMEN'S WELLNESS WEEKEND

Registration Form YMCA  
TROUT LODGE

February 21-23, 2025

888-386-9622

[troutlodge.org](http://troutlodge.org)

## WORKSHOP SCHEDULE

Scheduled activities are subject to change

### Friday, February 21

1-3 pm	Bluff View Ride (Ranch) or
3-5 pm	Stepping Stones (Arts & Crafts)
3:30-10 pm	Check in at Trout Lodge
5-5:30 pm	Dinner - First Shift
5:45-6:30 pm	Dinner - Second Shift
6-8 pm	Stepping Stones (Arts & Crafts)
7:15-9 pm	<b>EVENING PROGRAM</b>

### Saturday, February 22

7-8 am	Morning Yoga (Chapel)
7:30-8:15 am	Breakfast - First Shift
8:15-9 am	Breakfast - Second Shift
9-10:15 am	<b>SESSION 1</b> (see registration form)
10:45-12pm	<b>SESSION 2</b> (see registration form)
12-12:45 pm	Lunch - First Shift
12:45-1:30 pm	Lunch - Second Shift
2-3:15 pm	<b>SESSION 3</b> (see registration form)
3:45-5 pm	<b>SESSION 4</b> (see registration form)
5-5:45 pm	Dinner - First Shift
5:45-6:30 pm	Dinner - Second Shift
7:30-10:30 pm	<b>EVENING PROGRAM</b>

### Sunday, February 23

7:30-8:15 am	Breakfast - First Shift
8:15-9 am	Breakfast - Second Shift
9-10:15 am	<b>SESSION 5</b> (see registration form)
10:45-12pm	<b>SESSION 6</b> (see registration form)
12-12:45 pm	Lunch - First Shift
12:45-1:30 pm	Lunch - Second Shift

## ADDITIONAL ACTIVITIES

**Country Store:** Gift items, snacks & drinks, YMCA apparel, toiletry items and more will be available.

**Hiking:** A trail map is at the front desk for a self-guided hike.

**Games:** Equipment for games are available at the front desk, including mini-golf, tennis, frisbee golf and more.

**45-Body Stress Relief, Tarot Session, Medium, Reiki:** Sign up for body stress relief, medium reading, reiki or tarot card reading session on your registration form. To ensure that we are able to schedule your add on, please suggest five different time slots (see form for times available). It may be necessary to schedule your add on during a class session, so make sure you don't request a time during your favorite class.

## THE Y IS FOR ALL

We work hard to ensure that everyone has an opportunity to experience Trout Lodge and all of the wonderful activities Women's Wellness has to offer, regardless of abilities. Please contact us for any requests regarding accommodations.

## FACILITY INFORMATION

The YMCA of the Ozarks is a modern facility with a variety of lodging, both in the lodge itself or in a private cabin. Some rooms and cabins have a flight of stairs. If you have difficulty navigating stairs, please let us know. You can request a particular type of lodging, but cabins require a minimum of five people.

Meals are served buffet-style in our dining room overlooking Sunnen Lake. Vegetarian and gluten-free options are available.

For more information about our facility, please visit <https://gwrymca.org/locations/ymca-trout-lodge>.

## RESTRICTIONS

We want you to have a wonderful experience here at YMCA of the Ozarks. Because we value your safety, we want you to be aware that there will be no consumption of alcoholic beverages anywhere on property except in the confines of your room or cabin. You are welcome to sign up for a winery tour during class sessions. Any purchases made there must remain in your room.

## AGE REQUIREMENT

This weekend is designed for women, and all participants must be at least 18 years old to register/participate. Winery tours are age 21+.

## REGISTRATION INFORMATION

**Registration Fee: \$375 per person (\$625 for solo lodging)** Fee includes meals from Friday dinner to Sunday lunch, lodging, equipment use, no cost sessions and special events. Some courses require and additional fee and will be listed on the form.

### Registration deadline: February 15, 2025

Registrations will be accepted after the deadline if space is available. After this deadline, please call before submitting your form to determine availability.

Class changes will not be permitted after February 15, but can be made upon arrival.

## QUESTIONS?

Phone: 888-386-9622 E-mail: [womens.wellness@gwrymca.org](mailto:womens.wellness@gwrymca.org)

## SENDING IN REGISTRATION FORM

### BY MAIL

Women's Wellness  
YMCA Trout Lodge  
13528 State Highway AA  
Potosi, MO 63664

### BY FAX

573-438-5752

### BY E-MAIL

[womens.wellness@gwrymca.org](mailto:womens.wellness@gwrymca.org)

## CLASS DESCRIPTIONS

### Achieving Balance: The Power of Plant Based Nutrition for Weight Loss

(Sessions 1, 3 or 5)

**\$35- payable to instructor at time of class**

Join us for a wellness workshop on designing a plant-based diet for weight loss and maintenance. Learn to set intentions, create a sustainable plan, fuel your body with nourishing foods, and stay hydrated and active. We'll cover celebrating wins and maintaining long-term success. Enjoy homemade milk and smoothie samples, onsite consultations, gifts, and the chance to purchase guided journals. By Zana Scott

### ALCOHOL INK

### PLATES/GLASSWARE/ORNAMENTS

(Sessions 2 or 6)

**Prices vary - payable to Arts & Crafts at time of session**

Start with a clear glass plate, cup, vase, ornament, bottle or other item and add ink colors in any abstract design you want. The colors on the glass will create a stained glass effect. (Note: After applying inks, the items becomes decorative use only.) By Arts & Crafts Staff

### ALPINE TOWER

(Sessions 1 or 2)

OUTDOORS

Learn beginning climbing techniques as you climb and explore our 50-foot tower. You'll wear a harness and helmet, and be held by a belay system for a safe and fun climb. Closed-toed shoes required. By YMCA Program Staff

### ARCHERY BASICS

(Session 5 or 6)

OUTDOORS

Learn how to shoot with a bow. Your instructor will cover basic safety and shooting techniques, and then will open the range for practicing. *Close-toed shoes required.* By YMCA Program

### AXE THROWING

(Sessions 5 or 6)

OUTDOORS

Try your hand at the new trend - axe throwing at our axe throwing range. You will learn safety and technique, so no prior knowledge is needed. *Close-toed shoes required.* By YMCA Program Staff

### BASIC AUTO MAINTENANCE

(Session 4)

OUTDOORS

Learn all of the basics of auto maintenance that all women should know. In this class you will learn automotive essentials - how to check your oil, how to check a fuse panel, how to jump start a car. There will also be information given about how to create an emergency kit to keep in your car. Also, learn how to check tire pressure and tread. *Close-toed shoes required.* By YMCA Maintenance Staff

### BASIC WOODWORKING

(Session 6)

**\$10 - charged to your room with credit card on file**

Learn how to operate a jig saw, chop saw and drillers, proper use of wood glue and fastening techniques. Make a garden tool box, then enjoy expert answers to questions about how to complete those little household projects that just don't ever seem to get done. *Close-toed shoes required.* By YMCA Maintenance Staff

### BEGINNING BOOKBINDING

(Session 2 or 5)

Create a simple, custom book you can use as a journal or jotting notes! A selection of materials will be provided to us in class along with examples of more advanced handmade books for inspiration. Participants can also take home reading materials with resources to learn the history of bookmaking and how to get started trying more advanced techniques. By Wendi Corbin-Reeder

### Butterflies of Missouri and Illinois

(Session 5)

You probably know Monarchs and Swallowtail butterflies. But there are hundreds more if you know where to look. Learn more about butterflies that live in the Midwest. What is their habitat? What do they need to survive? How can I attract them to my yard? By Laura Million

### Candle Making

(Session 3)

**Rate varies- charged to your room with credit card on file**

Create works of art with sand, wax, seashells and more with our Arts and Crafts staff members. By Arts & Crafts staff

### Cardio, Kickboxing, and Pilates

(Session 6)

Start off with cardio kickboxing using punches and kicks from disciplines such as karate and traditional boxing then transition into Pilates for the ending of your class. By Nina Lindhorst

### Caribbean Cruising Showcase w/Three Rivers

### Travel & Events

(Session 3)

Join Jeremy accompanied by esteemed guests from multiple cruise lines and tour companies as we venture out into the lush tropical oasis and tranquil sands of the Caribbean Islands. Learn everything from 2025/26 cruises to new shore excursions available and more! By Jeremy Rulo

### CERAMICS

(Sessions 1, 2, 3, 4)

**Prices vary - payable to Arts & Crafts at time of session**

We have a good selection of ceramic pieces - figurines, dishes, holiday items, banks, boxes and so much more. Spend time letting your creative juices flow. We also have specialty glazes that you simply brush on, letting the kiln do all of the work. Must be fired overnight. By Arts & Crafts Staff

### Dance Fitness

(Session 2 or 4)

Come dance in a fun , energetic and high energy environment! (Hip Hop, Pop, etc) By Nicole Krebs

### Daylilies: Not your grandma's ditch lilies

(Session 2)

When you think of daylilies, do you think of the orange ones you see on side of the road or do you think of the yellow ones in landscaping? There are over 80k varieties with various characteristics. In this session, we will cover what a daylily is, how to grow them, how to care for them, how to split them when they get too big and how hybridizers create new varieties. By Laura Million

### Eco Geo Hike

(Session 2)

OUTDOORS

Explore different rocks of Missouri as you hike to the Lead Mines at Trout Lodge. You will dig for various stones, as well as lead. You'll get plenty of exercise and take home a souvenir piece of Missouri stone. Close-toed shoes required. By YMCA Program Staff

### EDG-CLIF BREWERY TOUR

(Session 4)

**\$10 - payable to Edg-Clif at time of tour**

Take a tour and taste six on-site brewed beers from this local brewery. A shuttle leaving from the 4th Floor Lobby will take you to the brewery located just down Highway AA on a 550- acre private estate nestled in the Ozark Highland appellation. By Edg-Clif Winery

# CLASS DESCRIPTIONS

## EDG-CLIF WINERY TOUR

(Session 2 or 3)

**\$10 - payable to Edg-Clif at time of tour**

Take a private tour of Edg-Clif Farms and Vineyard. A shuttle leaving from the 4th floor lobby will take you to the vineyard located just down Highway AA on a 550-acre private estate nestled in the Ozark Highland appellation. Tour the vineyard, then enjoy a private tasting. By Edg-Clif Winery

## Explore Alaska w/Three Rivers Travel & Events

(Session 1)

Join Jeramy accompanied by guests from Princess Cruises Travel Alaska and more as we explore all of Alaska's vacation offerings for 2025 and beyond. Learn about Alaska's vibrant tourism scene from food and wine to wildlife and glaciers. By Jeramy Rulo

## Explore the Holy Land w/Three Rivers Travel & Events

(Session 5)

Join Jeramy as well as esteemed guests from ETS Tours and the Israel Ministry of Tourism Board as we learn about all the offerings available to visit the Holy Land both on land and sea in 2025/2026. By Jeramy Rulo

## Gentle Yoga

(Session 3 or 4)

**\$15 - payable to instructor at time of class.**

Come enjoy gentle yoga with benefits that include gaining flexibility, managing stress and connecting the breath and body. By Holly Ohmes

## History and Science of Frequency Wellness

(Session 3)

**\$10 - payable to instructor at time of class.**

We'll dive into the intriguing world of frequency medicine, exploring its roots in ancient wisdom, its validation through modern science and how it's changing lives today. Imagine if frequencies could ease chronic pain, boost immunity, elevate mood and even improve relationships. What would that mean for you. Drawing on my own transformative experiences and those of my clients, I'll share the benefits of frequency wellness and how it can foster healing on physical, mental, emotional, spiritual and even financial levels. By Jo Miller

## Horsemanship

(Session 1)

OUTDOORS

Learn the basics of grooming and saddling a horse, then head to the arena for a basic riding lesson. By Triangle Y Ranch Staff

## How to make your own soothing lip balms

(Session 1 or 5)

Attendees get to participate in the complete making of great soothing lip balms. By Jack Greer

## Kaiut Yoga

(Session 3, 4 or 6)

Yoga for everybody for every body. This is a melding of chiropractic genius of the joints and soft tissue with the ancient healing art of yoga as a healing tool to rest the nervous system, dissolved joint stiffness and cease loss in mobility and bring vibrancy back into the body. By Mary Mantese

## LANDSCAPING: A BEGINNER'S APPROACH

(Session 1)

Do you have an area of your yard that needs attention or a bare spot begging for color? Create a plan for your landscaping and picking. By Laura Million

## Managing your focus in a distracted culture

(Session 3 or 5)

This class presents big picture and over 15 practices for moving from time management to the more productive perspective of managing focus. By Pamela Vaccaro

## Mix It Up

(Session 1, 2 or 5)

All over body/toning workout including cardio and use of weights for arm, legs, abs, etc. while showing progressions and modifications. (Bring mats) By Lisa Killoren

## MOSAICS

(Session 4)

**Prices vary - payable to Arts & Crafts at time of session**

Start with a base of your choice - ornament, trivet, various picture frames and more - and adhere tiles, stones, colored glass and more. Go abstract or create a specific design.

By Arts & Crafts Staff

## Mountain Ride

(Session 2, 3, 4, 5 or 6)

OUTDOORS

Join our wranglers for a two-mile trail ride designed to show off our beautiful Ozark foothills. Long pants/sturdy shoes are required. By Triangle Y Ranch Staff

## Mystic Magick

(Session 1 or 5)

**\$40 - payable to instructor at time of class.**

Make your own adjustable ankle or wrist bracelet with crystal beads. By Kris Waters

## PAINT AND POUR

(Sessions 1)

**Prices vary - payable to Arts & Crafts at time of session**

Enjoy an instructor-led masterpiece painting session. This will be your beautiful creation and a great way to let your creative side fly! By Arts & Crafts Staff

## Painting with Friends

(Sessions 3 or 6)

**\$25 - payable to instructor at time of class**

Complete an 8x10 acrylic painting with step by step instructions. No artist skills needed. By Kathy Schroer

## Pickleball

(Session 1-Beginner, 3-Intermediate or 4-Expert)

Pickleball is a paddle sport that combines elements of badminton, tennis and ping pong. Imagine a court like badminton, a net similar to tennis and using a paddle much like ping pong. It's big fun and very popular. By Laura Frank

## PILATES

(Session 2, 3, 4 or 5)

Pilates is a full body-conditioning program focusing on the core and performed on a mat. Pilates improves strength, flexibility, balance, control and muscular symmetry. All levels welcome. (Bring Mats) By Cathy Zinkel

## Pine Zip

(Session 3 or 4)

OUTDOORS

Come try our 250 ft long zip line. Climb 35 feet up a pole before zipping down. By YMCA Program Staff

## Read & Relate

(Session 1 or 6)

Eager to catch up on some reading? Looking to make new connections? Bring whatever you're reading currently or wanting to start. We'll introduce ourselves and our books, have silent reading time and share a little more before we conclude. Bring your book and a buddy and read with us! By Hannah Kline

## Relax, Renew & Shine: 90 Minute Restorative Yoga

(Session 5 or 6)

**\$10 - payable to instructor at time of class.**

90 minute restorative yoga designed for women seeking rest and renewal. Through gentle, supported poses and guided meditation, you'll release tension, calm your mind and reconnect with yourself. This class offers a peaceful space to unwind and embrace this season of life with self-care and compassion. Leave feeling refreshed, centered and ready to shine from within. All levels welcome! By Sandy Fenili

## Rifle Basics

(Session 3 or 4)

OUTDOORS

Head out to the rifle range to learn about .22 caliber rifles. You'll have the opportunity to handle, load and shoot a rifle. By YMCA Program Staff

## CLASS DESCRIPTIONS

### Shine in this season of your life: Vison & Action

#### workshop for 40+

(Session 2 or 3)

#### \$10 - payable to instructor at time of class

Join a supportive circle of women like you, ready to embrace the next phase with renewed purpose, joy and connection. This 90 minute experience is a chance to step away from the daily routine, sip a warm drink and explore what truly lights you up in this season of life. Whether you're navigating a big change or simply seeking a fresh perspective, this class is designed to help you find clarity, confidence and a community that understands where you're coming from. By Sandy Fenili

#### Shotgun Basics

(Sessions 1 or 2)

OUTDOORS

Head out to the shotgun range to learn about shotguns. You'll have the opportunity to handle, load and shoot a shotgun. Close-toed shoes required. By YMCA Program Staff

#### Survival Hike

(Session 1)

OUTDOORS

This is an exciting hike into the woods where you will learn basic survival skills. This includes shelter building, fire building and more. Join us in this adventure to get in touch with the outdoor woman in you! Will meet in 4th floor lobby and bus to starting point on YMCA property. Close-toed shoes required. By YMCA Program Staff

#### T'AI CHI / Qi Gong

(Sessions 1 or 2)

#### \$15 - payable to instructor at time of class

Tai chi and qi gong are both ancient Chinese practices that combine slow movements, breathing exercises, and meditation. They are both considered mind-body practices that can help with balance, circulation, and alignment. By Holly Ohmes

### The Medicine In Your Spice Rack: AKA Finding Herbal First Aid From Culinary Seasonings

#### \$15 - payable to instructor at time of class

(Sessions 1 or 4)

An entry level herbal education class that shares information using common culinary herbs as first aid for a variety of conditions including migraines, kidney stones, chest pains, muscle spasms and more until treatment can be sought from a provider. By Nancy Herold

#### The Power of Prevention

(Session 2 or 6)

Improve the quality and quantity of life. Positive lifestyle modifications, changes and choices, to prevent, delay, manage and sometimes reverses chronic disease with diet and exercise. You can do what super healthy people do. By Jane Kaiser

#### Total Body Bootcamp

(Session 1 or 5)

Equipment free-strength, core, full body, fun workout! Simple & effective! By Jennifer Brooks

#### Tye-Dye

(Session 5)

#### Prices vary - payable to Arts & Crafts at time of session

Join our staff for tye-dye, a method of dyeing by hand in which colored patterns are produced in the fabric by gathering together many small portions of material and tying them tightly with string before immersing the cloth in the dye bath. The dye fails to penetrate the tied sections. By Arts & Crafts Staff

#### 4" Clay Pot with succulent

(Session 1 or 6)

#### \$6 - payable to instructor at time of class

Paint a 4" clay pot, seal it and fill with soil, live succulent and top with small pebbles. By Donna Shinn

### Uncover Your Authentic Self

(Session 2, 4 or 6)

#### \$15 - payable to instructor at time of class

This introductory workshop is crafted for women seeking a deeper understanding of their true nature, gifts and purpose. Human Design combines elements of astrology, the I Ching, Kabbalah, the chakra system and quantum physics, offering each woman a personalized blueprint for living with authenticity and ease. By Erin Chandler

### Well of Compassion-Nutrition & Wholeness

(Session 2 or 6)

#### \$30 - payable to instructor at time of class

Interactive topics to enhance your personal journey to heal and maintain a life of healing through nutrition and communication. You can control an unhealthy situation without compromising your integrity. By Erin Chandler

### Wine bottle Wind Chime "Painted"

(Session 4 or 5)

#### \$18 - payable to instructor at time of class

Create a wine bottle windchime. Supplies provided. By Donna Shinn

### Winter Wonders

(Session 3 or 4)

OUTDOORS

Enjoy this unique opportunity to reconnect with nature as we venture out for a short hike amid Trout Lodge's picturesque fields and woods. Please dress for weather (including hat, mittens, coat, boots). Feel free to bring a camera or binoculars. By April Anderson

### Wise Choices, Wise Living: A Path to Holistic Wellness

(Session 1 or 5)

#### \$10 - payable to instructor at time of class

We will go over the pillars of holistic wellness: Diet, rest, exercise, stress reduction and supplementation. By Amy Wise

### Yin Yoga

(Sessions 5 or 6)

#### \$15 - payable to instructor at time of class

Yin yoga is a meditative yoga style that focuses on passive stretching and holding poses for extended periods to improve flexibility and range of motion. By Holly Ohmes

### Zumba

(Session 3 or 6)

Zumba is a Latin inspired dance fitness class. A class is full of beats, rhythms and moves to inspire a fun atmosphere that doesn't feel like a workout at all. My class adapts to all fitness levels. Come dance and have fun to some great music! By Sonja Collins

### Anxiety Transformed

(Session 3 or 5)

Using insights from neuroscience, we will explore the spiritual practices and biblical scriptures that can contract how anxiety works in the brain. These techniques as outlined in licensed counselor and spiritual director, X. Nader Sahyouni's book Anxiety Transformed, are designed to deepen our relationship with God and help reduce anxiety at the same time. These methods are rooted in the Christian faith tradition and we will refer to Biblical passages. Books available for purchase. By Hannah Kline

### Zumba and MixedFit

(Session 1, 2 or 5)

Zumba is a high energy dance that combines Latin rhythms with easy to follow moves. No dance experience is necessary, just a willingness to move and have fun. Students will have a great time moving and burning calories together!

MixedFit is a high energy fitness program that combines explosive dance moves with bodyweight toning exercise. No experience needed! Let's get moving and feel the energy! By Erika Malone

### Strong Nation x Circl Mobility

(Session 2 or 5)

Rev up your wellness weekend with this dynamic duo! Start w/a heart pumping 30 minute Strong Nation session, where powerful music drives your bodyweight, cardio and muscle conditioning moves to the next level. Then, unwind with 45 minutes of Circl Mobility, a restorative practice designed to enhance flexibility reduce stiffness and restore balance. (Bring Mats) By Lauren Repp x Danisha White

## Add Ons

### Friday, February 21

**STEPPING STONES** (3-5 pm and 6-8 pm)

**\$25** (payable in Arts & Crafts)

Make your own garden concrete stepping stone using colored glass and gems. Must dry for two days. By Arts & Crafts Staff

### Friday, February 21

**Bluff View Ride** (1-3 pm)

**\$60** (Charged to room with card on file)

Join us on a 2 hour long trail ride with our experienced wranglers and horses to our beautiful Bluff site, overlooking the lake. By Triangle Y Ranch Staff

### Saturday, February 22

**EARLY MORNING YOGA** (7:00 am)

Yoga is an exercise that uses slow movements and stretching, and is good for flexibility, balance, relieving stress and relaxing. Start the day well. **Please bring yoga mat.**

By Debbie Dudenhoeffer

### All Weekend

**45-MIN. Body Stress Release** (See registration form to sign up) Friday: 4, 6, 7, 8 pm Saturday: 9, 10, 11 am; 1, 2, 3, 4 pm and 6, 7, 8 pm; Sunday: 9, 10 am (Release of muscles gently that surround the spine for the nervous system to re-communicate.)

**\$45** (cash only) payable to practitioner

Sign up for a relaxing body stress release on your registration form. To ensure that we are able to schedule your session, please suggest five different time slots. It may be necessary to schedule your stress release during a class session, so make sure you don't request a time during your favorite class. By Sherri Hered

**TAROT CARD READING** (See registration form to sign up)

Friday: 4, 6, 7pm

Saturday: 11 am; 1-4pm and 6-7pm

**\$35** (payable to reader-runs every hour)

Tarot reading is the practice of divining wisdom and guidance through a specific layout of Tarot cards, meant to provide insight into the innermost truths of your higher self.

By Kris Waters

**Medium Readings/Reiki**(See registration form to sign up) Friday: 4-5pm, 6-7:30pm

Saturday: 9am-11:30pm; 1-4pm and 6-7pm; Sunday 9-11:30am

**\$55** (payable to reader-runs every 30 minutes)

Experience a transformative session with intuitive medium Jen Faulkner. Discover insights, receive messages from the spirit world, and find peace and direction in your life's journey. Book your reading today and step into a world of spiritual enlightenment and healing.

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. Reduces stress and anxiety, promotes relaxation and better sleep, enhances emotional well-being and more! By Jen Faulkner

**HOODIE (Optional)** Payable with registration only. **Cannot be purchased at event.**

\_\_\_\_\_ Yes, I would like to purchase a women's wellness hoodie. (Please mark size below)

\_\_\_\_\_ No, I would not like to purchase a women's wellness hoodie.

**\$40:** \_\_\_\_\_ Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ XL

**\$45:** \_\_\_\_\_ 2XL \_\_\_\_\_ 3XL \_\_\_\_\_ 4XL



# 2025 WOMEN'S WELLNESS REGISTRATION FORM

Name: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: (\_\_\_\_\_) \_\_\_\_\_ Cell Phone: (\_\_\_\_\_) \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

## SESSION SELECTION (Required)

Please provide four different choices for each session by placing the code (see previous page) corresponding to the course in the appropriate box below. Each participant must complete a registration form. You may photocopy the form for additional registrations. If you have a class you absolutely don't want to miss, let us know by circling that code. If you've requested it during a session that is full, we will make every effort to assign you to that class in an alternate time slot.

NOTE: If you do not list four choices, you will automatically be given Free Time if your chosen session is full. If all four are listed, we will ensure that you get one of your four choices.

Session	1	2	3	4	5	6
1st Choice						
2nd Choice						
3rd Choice						
4th Choice						

## MEAL SHIFT REQUEST (Required)

Times listed below indicate time you need to arrive for each meal. Meal shift requests are not guaranteed. If your requested shift is full, we will assign you to another shift. If you are coming with friends, we will try to assign everyone to the same mealtime. Your meal shift will remain the same throughout your stay.

\_\_\_ Meal Shift 1 (Breakfast: 7:30 am; Lunch 12:00 pm; Dinner 5:00 pm)

\_\_\_ Meal Shift 2 (Breakfast: 8:15 am; Lunch 12:45 pm; Dinner 5:45 pm)

## CHECK ADDITIONAL OPTIONAL ACTIVITIES IN WHICH YOU WOULD LIKE TO PARTICIPATE

**Bluff View Ride (Optional) Cost: \$60 charged to room**

**Stepping Stones (Optional) Cost: \$25 charged to room with credit card on file**

\_\_\_\_\_ Bluff View Ride 1-3 pm: Friday, February 21 \_\_\_ Stepping Stones 3-5 pm or \_\_\_ 6-8 pm: Friday, February 21

Note: If you decide after you arrive that you would like to do a stepping stone, simply go to Arts & Crafts to see if there is an open slot still available.

## 45-MIN. Stress Release

Friday: 4 pm and 6, 7 pm; Saturday: 9, 10, 11 am; 1, 2, 3, 4 pm and 6, 7pm; Sunday: 9, 10 am

Sessions start on the hour. Choose your six choices below, identifying the day and one-hour block of your choice. Don't list a time during a class you do not want to miss! First-come, first-served. **Cost: \$45 cash payable to practitioner**

Choice	1	2	3	4	5	6
Day						
Time						

## TAROT CARD READING (Optional every hour) Friday: 4 pm and 6, 7pm; Saturday: 11 am; 1, 2, 3, 4 pm and 6, 7pm

Tarot readings start on the hour. Choose your six choices below, identifying the day and one-hour block of your choice. Don't list a time during a class you do not want to miss! First-come, first-served. **Cost: \$35 cash payable to reader**

Choice	1	2	3	4	5	6
Day						
Time						

**Medium Reading/Reiki (Optional every 30 minutes) Friday: 4-5pm and 6, 7:30pm; Saturday: 9am-11:30am; 1-4:30pm and 6-7pm; Sunday 9-11:30am** Sessions start on the hour. Choose your six choices below, identifying the day and one-hour block of your choice. Don't list a time during a class you do not want to miss! First-come, first-served. **Cost: \$55 cash payable to reader**

Choice	1	2	3	4	5	6
Day						
Time						

## FEES & ROOMMATES

Sharing a room: Registration fee is \$375 per person. Room to yourself: Registration fee is \$625 per person.

You must send in your completed registration form with payment before we can reserve a room for you. The fee listed above includes your lodging, buffet meals and all no charge activities/classes. It does not include any classes which carry an additional charge.

**Singles:** You can reserve a single room for one person for \$625, or you can pay the \$375 registration fee if you agree to have a roommate assigned (or you already have another person coming that will be rooming with you). If you agree to a roommate, you will not be in a room with more than one other person.

**Three-four people:** If you are coming with three to four people, you will be assigned to either a guest room with two queen beds or a loft suite with two queen beds and a rollaway bed.

**Five or more people:** If you are bringing five or more people as a group, we will assign you to a cabin if one is available (maximum is 10 people per cabin). If all cabins are already reserved by the time you submit your registration form and payment, we will assign separate rooms in the lodge. You can request to be split up into guest rooms in the lodge if you prefer. It is helpful, but not required, for roommates to send in all of their registration forms together.

Please list the names of roommates (not including yourself), if any:

- |          |          |
|----------|----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ |          |

## PAYMENT

If you are paying for more than one person, please send in all registration forms together and list their names below:

- |          |          |
|----------|----------|
| 1. _____ | 3. _____ |
| 2. _____ | 4. _____ |

Registration fee (\$375 per person or \$625 for a single room) \$ \_\_\_\_\_

Hoodie - optional (\$40 or \$45 per person based on size selected) \$ \_\_\_\_\_

**Total Enclosed:** \$ \_\_\_\_\_

\_\_\_\_ Check enclosed (payable to YMCA of the Ozarks)

\_\_\_\_ Charge my credit/debit card. Please call to pay by credit/debit card at 888-386-9622 Mon-Fri 9 am - 3 pm. We accept Visa, MasterCard, Discover and American Express. (Reservation will not be made until you call in your card information AFTER submitting this registration form)

## CANCELLATION POLICY

If you cancel on or before February 1, 2025, a \$50 processing fee will be deducted from each registration fee, and the remainder of the fee will be returned to you. Registrants who do not attend and who do not cancel by February 1, 2025 will be responsible for the full program fee. I agree to accept the conditions set forth in the cancellation policy.

\_\_\_\_\_  
Signature (Required)

\_\_\_\_\_  
Date