



## *ETFO-YR Escape Weekend Workshop Listing* *February 10 to 12/2012 – Part B*



We have a variety of fun and rejuvenating activities planned for you to participate in this weekend. The following workshops relate to our committee's motto:

*"Relax, refresh and regenerate."*

### *Descriptions of Workshop Activities*

**Session #1 – 9:30 to 10:30 am**

1. Creating a Yoga Sanctuary – lead by Mary Foran

*In this session you will explore yoga postures, movements and breathing practices specifically designed to help you delve deeply into a peaceful place while easing and releasing chronic tension. This thoughtfully created session will allow you to access all levels of flexibility, strength and experience. All you need is a Yoga Mat and Large Bath Towel.*

2. Beading - Presented by Beth Grant (Beads on Broadway)

*Participants in this workshop will learn where Beth gets her inspiration for beading, the basic wrap technique of jewellery making, and a brief history lesson of how beads are made. Participants will have the opportunity to make their own appetizer fork to take home.*

3. Cooking with Maple; Shortcut Gourmet (Part 1: Appetizers) – presented by Tracy Moore

*This workshop will focus on using maple products for appetizers, both hot and cold, easy to prepare, and dazzling to look at and utterly scrumptious to eat.*

4. Zumba Party – session leader Loyda Conte

*ZUMBA is a Latin-inspired, dance-fitness class that incorporates Latin and International music and dance movements, creating a dynamic, exciting, exhilarating and effective fitness system. This party will combine slow and fast rhythms that tone and sculpt the body using an aerobic/fitness approach to achieve a unique blended balance of cardio and muscle-toning benefits.*

5. Sound Healing session – presented by David Rankine

*Participants will use Geometric Resonance Therapy techniques to guide them through a group healing process. Aspects of Reiki, sound and guided visualization will be utilized, and demonstrated, to create a relaxed healing process.*

6. Exercise Room Tutorial – your host Warren Haesler

*Are you considering exercise equipment for your home gym? Ever wondered how to use various exercise machines while on vacation? Then wait no longer. Kingbridge's exercise room has a variety of machines and weights that provide an excellent workout. We will provide you with professional knowledge and instruction.*

7. REAL Food for REAL Results - your speaker Brandi McCarthy RHN

*Are you confused about all the conflicting health information out there? Not sure whether to choose "low-fat" or "low-sugar"? Should you be worried about cholesterol in eggs? Come out to this workshop and learn the tools you need to make educated choices. You'll even discover the health risks behind many supposed health foods! At the conclusion of this seminar you will be able to make informed decisions.*

8. Snowshoeing Expedition – lead by YRDSB teacher Judith Topping

*Experienced guides will take you on a winter snowshoe excursion through the rolling hills of King Township. You will explore the vast wonder of nature, and experience the beauty and stillness of winter with every step. You may bring your own snowshoes or a pair will be provided at no extra cost.*

9. Palmistry/Indian Head Massage

*Palmistry by Ellen McBride – Interested in the future? Do you want to glimpse into the unknown? Our palmist will start looking at your hands, nails, and fingers. If this appeals to your sense of personal adventure, we have the session for you. Each session is about 20 minutes long.*

*Indian Head Massage by Roslyn Levin – Indian Champissage, also known as Indian Head Massage, focuses on the face, head, neck, shoulders and upper arms. This form of massage combines physical massage with a more subtle form of energy balancing. Each session is about 30 minutes long.*



10. Nia – lead by certified instructor Cinzia Cavalieri

*Done barefoot to diverse and inspiring music, Nia is a transformational movement practice that teaches you to be more JOYFUL, EXPRESSIVE, and ALIVE in your body, both inside and outside of the studio. Nia is holistic. It engages your body, mind, emotions and spirit. Nia draws from dance arts, martial arts, and healing arts to create purposeful movement that will help you grow and learn.*



**Session #2 – 11:00 to 12:00 noon**



11. Fold-out Memory Book – presented by YRDSB teacher Tui-Sem Won

*Come to this “make and take” workshop to learn how to make a portable, fold-out scrapbook to showcase some of your favourite pictures. This unique scrapbooking project is simple, yet impressive. Participants will need to bring a minimum of 16 photos, 4 of which can be trimmed down to a 4” x 4” square, and 12 which can be trimmed to a triangle – half of a 4” x 4” square). All other materials for this project will be provided.*

12. Food Jeopardy – presented by chef Brian Warner

*Based on the famed hit TV show, this version tests your knowledge of food in a variety of categories. I will take Musical Food for 200 points - Paradise by the Dashboard Light. I want to try Where in the World for 400 points – The Frankfurter. Come join the fun and win a variety of prizes.*

13. Yoga and a Life you Love – lead by Mary Foran

*The health and ease you feel in your life determine how much energy you have to offer to your family, careers and personal interests. This well-rounded yoga session warms you up for postures that vitalize and strengthen your whole body. You can then take this energy and focus it into a meditation that will help you grow a Life You Love. All you need is a Yoga Mat and a Large Bath Towel.*

14. Hulabics – lead by certified personal trainer Jennifer Fischer

*What do you get when you combine Hula Hoop with Aerobics? You get Hulabics. This fun class will get you laughing like a kid again and give you a fantastic workout at the same time! Come and give it a try! We supply the hoops.*

**15. Making Your Own Therapeutic Creams and Lotions – presented by Ryan Nguyen and Danny Seto**

*Participants will learn how to make their own therapeutic creams and lotions. In so doing, participants will learn the therapeutic properties of various essential oils. This is a “hands-on” session where participants can take home the products they make.*

**16. Urban Pole Walking – lead by certified instructor Kim Mortson**

*Urban poling, also known as Nordic walking, Exerstriding or pole walking, is an invigorating walking activity new to North America. This full-body, cardio-muscular exercise engages a variety of body parts and offers a full-body workout so that participants can end up burning more calories, reduce stress on their joints, improve posture and develop overall coordination.*

**17. Sonic Journey Meditation – with Daniela Godina**

*Sound meditation deepens relaxation, enhances energy flow, heightens creativity, and contributes to your well-being. Your mind and body will resonate with the instruments being played to create a playground for the expressive soul. Bring a mat/blanket/pillow for this fascinating one hour experience.*

**18. Palmistry/Indian Head Massage**

*Palmistry By Ellen McBride – Interested in the future? Do you want to glimpse into the unknown? Our palmist will start looking at your hands, nails, and fingers. If this appeals to your sense of personal adventure, we have the session for you. Each session is about 20 minutes long.*

*Indian Head Massage by Roslyn Levin – Indian Champissage, also known as Indian Head Massage, focuses on the face, head, neck, shoulders and upper arms. This form of massage combines physical massage with a more subtle form of energy balancing. Each session is about 30 minutes long.*

**19. Exercise Room Tutorial – your host Warren Haesler**

*Are you considering exercise equipment for your home gym? Ever wondered how to use various exercise machines while on vacation? Then wait no longer. Kingbridge’s exercise room has a variety of machines and weights that provide an excellent workout. We will provide you with professional knowledge and instruction.*



20. Batuka Workout – presented by YRDSB teacher Debra Besner

*Come enjoy a great workout while having lots of fun! Batuka is a fitness dance class that will take on a 60 minute workout journey. Batuka uses amazing original, catchy music and blends it with incredibly fun moves. No need to have ever danced before. This class is for everyone from beginners to fitness pros.*



**Session #3 – 1:30 to 2:30 pm**



21. Fold-out Memory Book – presented by Tui-Sem Won

*Come to this “make and take” workshop to learn how to make a portable, fold-out scrapbook to showcase some of your favourite pictures. This unique scrapbooking project is simple, yet impressive. Participants will need to bring a minimum of 16 photos, 4 of which can be trimmed down to a 4” x 4” square, and 12 which can be trimmed to a triangle – half of a 4” x 4” square). All other materials for this project will be provided.*

22. Cooking with Maple; Shortcut Gourmet (Part 2: Main Courses) – Presented by Tracy Moore

*This workshop will focus on easy to make main course dishes which will be dressed up with great maple products. Sample dishes will include seafood fish, pasta, and poultry.*

23. Snowshoeing Expedition – lead by Judith Topping

*Experienced guides will take you on a winter snowshoe excursion through the rolling hills of King Township. You will explore the vast wonder of nature, and experience the beauty and stillness of winter with every step. You may bring your own snowshoes or a pair will be provided at no extra cost.*

24. Yoga/Meditation Session 1 – “Pranayama” – lead by Laura Giustizia

*This practice will focus on bringing an awareness to the breath, the body, the quiet, natural surroundings and the natural rhythm nature plays in ‘all’ through “Pranayama” (breath/life/force). This will create balance and harmony in body, and in mind and spirit.*

25. Exercise Room Tutorial – your host Warren Haesler

*Are you considering exercise equipment for your home gym? Ever wondered how to use various exercise machines while on vacation? Then wait no longer. Kingbridge's exercise room has a variety of machines and weights that provide an excellent workout. We will provide you with professional knowledge and instruction*

26. Palmistry/Indian Head Massage

*Palmistry by Ellen McBride – Interested in the future? Do you want to glimpse into the unknown? Our palmist will start looking at your hands, nails, and fingers. If this appeals to your sense of personal adventure, we have the session for you. Each session is about 15 minutes long.*

*Indian Head Massage by Roslyn Levin – Indian Champissage, also known as Indian Head Massage, focuses on the face, head, neck, shoulders and upper arms. This form of massage combines physical massage with a more subtle form of energy balancing. Each session is about 30 minutes long.*

27. Nia - presented by certified instructor Cinzia Cavalieri

*Done barefoot to diverse and inspiring music, Nia is a transformational movement practice that teaches you to be more JOYFUL, EXPRESSIVE, and ALIVE in your body, both inside and outside of the studio. Nia is holistic. It engages your body, mind, emotions and spirit. Nia draws from dance arts, martial arts, and healing arts to create purposeful movement that will help you grow and learn.*

28. Zumba Party – session leader Loyda Conte

*ZUMBA is a Latin-inspired, dance-fitness class that incorporates Latin and International music and dance movements, creating a dynamic, exciting, exhilarating and effective fitness system. This party will combine slow and fast rhythms that tone and sculpt the body using an aerobic/fitness approach to achieve a unique blended balance of cardio and muscle-toning benefits.*

29. Beading - Presented by Beth Grant (Beads on Broadway)

*Participants in this workshop will learn where Beth gets her inspiration for beading, the basic wrap technique of jewellery making, and a brief history lesson of how beads are made. Participants will have the opportunity to make their own appetizer fork to take home.*



30. REAL Food for REAL Results - *your speaker Brandi McCarthy RHN*

*Are you confused about all the conflicting health information out there? Not sure whether to choose "low-fat" or "low-sugar"? Should you be worried about cholesterol in eggs? Come out to this workshop and learn the tools you need to make educated choices. You'll even discover the health risks behind many "supposed" health foods! At the conclusion of this seminar you will be able to make informed decisions.*



Session #4 – 3:00 to 4:00 pm



31. Mandala Workshop – *presented by David Rankine*

*Mandalas (Sanskrit) are simple designs based on geometric forms. They are created all over the world by all cultures. Mandalas can be seen as windows through which we view the inner (subconscious) workings of our minds. This workshop is fun, calming and extremely rewarding for all participants. All materials and tools will be supplied.*

32. Yoga/Meditation Session 2 – *lead by Laura Giustizia*

*This session will focus on the postures (asanas) of and the relaxation/meditation techniques to allow the body, mind and spirit to become more present, clear, and insightful, while practising with a higher state of awareness of the importance of the chakras. Each chakra affects another and they ultimately all work together. This session will finish with a wonderful silent meditation in which everyone will maintain full awareness of their own being and its place in its surrounding.*

33. Urban Pole Walking – *lead by certified personal trainer Kim Mortson*

*Urban poling, also known as Nordic walking, Exerstriding or pole walking, is an invigorating walking activity new to North America. This full-body, cardio-muscular exercise engages a variety of body parts and offers a full-body workout so that participants can end up burning more calories, reduce stress on their joints, improve posture and develop overall coordination.*

34. Hulabics – *lead by certified personal trainer Jennifer Fischer*

*What do you get when you combine Hula Hoop with Aerobics? You get Hulabics. This fun class will get you laughing like a kid again and give you a fantastic workout at the same time! Come and give it a try! We supply the hoops.*

**35. Cooking with Maple; Shortcut Gourmet (Part 3: Desserts) – Presented by Tracy Moore**

*This workshop will focus on spectacular desserts. Perfect finishers for delicious dinners, these desserts are yummy, sinful, and decadent.*

**36. Palmistry/Indian Head Massage**

*Palmistry by Ellen McBride – Interested in the future? Do you want to glimpse into the unknown? Our palmist will start looking at your hands, nails, and fingers. If this appeals to your sense of personal adventure, we have the session for you. Each session is about 15 minutes long.*

*Indian Head Massage by Roslyn Levin – Indian Champissage, also known as Indian Head Massage, focuses on the face, head, neck, shoulders and upper arms. This form of massage combines physical massage with a more subtle form of energy balancing. Each session is about 30 minutes long.*

**37. Food Jeopardy – presented by chef Brian Warner**

*Based on the famed hit TV show, this version tests your knowledge of food in a variety of categories. I will take Edible Chemicals for 100 points - NaCl. I want to try Fun Food Facts for 300 points – This popular starch is a staple to over half of the world's population. Come join the fun and win a variety of prizes.*

**38. Making Your Own Lip Balm – presented by Ryan Hguyen and Danny Seto**

*Participants will learn how to make their own lip balm. In doing so, participants will learn the various properties of essential oils. This is a practical “hands-on” session where you will be able to take home the products you make.*

**39. Batuka Workout – presented by Debra Besner**

*Come enjoy a great workout while having lots of fun! Batuka is a fitness dance class that will take you on a 60 minute workout journey. Batuka uses amazing original, catchy music and blends it with incredibly fun moves. No need to have ever danced before. This class is for everyone from beginners to fitness pros.*

**40. Sonic Journey Meditation – with Daniela Godina**

*Sound meditation deepens relaxation, enhances energy flow, heightens creativity, and contributes to your well-being. Your mind and body will resonate with the instruments being played to create a playground for the expressive soul. Bring a mat/blanket/pillow for this fascinating one hour experience.*



*We would also like to offer the following ARTISAN EXPERIENCE during the day on Saturday, February 11, 2011, from noon to 6 pm in the Grand Ballroom.*

### **Creations by Claire**

*Claire Smith*

**A collection of handmade crocheted and knit scarves. A stylish addition, with a twist, that adds to any wardrobe.**

### **Everything Maple**

*Tracy Moore*

**A fine collection of maple products that will appeal to the taste buds for every occasion during the cooking day – appetizers, mains and desserts.**

### **Multi-Media Paintings**

*Meaghen Barry*

**View Multi-media paintings that explore the balance between experimental abstract and traditional realism.**

### **The Knotty Magpie**

*Jane Baker*

***Hand forged sterling silver jewellery and one of a kind beadwork created with semi precious stones.***

### **V the ARTist**

*Vivian Wallace*

**This particular artist incorporates photographs and mixed media paintings to create ONE of a KIND necklaces, bracelets and earrings.**

[www.vtheartist.ca](http://www.vtheartist.ca)



**Facilities Available at Kingbridge Centre Include:**

- ❑ *Indoor Pool and Sauna - open from 10 am to 6 pm*
- ❑ *Indoor Running Track, Basketball/Floor Hockey Court*
- ❑ *Exercise and Weights Room, TWO Professional Squash Courts*
- ❑ *Outdoor Hiking Trails*
- ❑ *Dining Venues – Connections Diningroom and Bridges Bar*
- ❑ *Games Room and “The Library” Lounge*
- ❑ *Discovery Zone Media Room with full Internet access*

**HENNA BODY ART**

*David Rankine will be available to spin his amazing artistry for those looking for something a little creative in body work on Saturday evening from 9 pm to midnight.*

**Movies, Movies and more Movies**

*The 32 seat theatre room will be running movies from 9:30 pm to midnight on Friday evening, and from 9 am to midnight on Saturday. Grab some popcorn and settle in for some humorous fun and entertainment.*

**LATE NIGHT ENTERTAINMENT**

*Once the entertainment is over in the auditorium, join us for some late night music in Bridges Bar. On Friday evening enjoy the keyboard sounds of Keith Yoon.*