



# 14<sup>th</sup> ANNUAL 'A WEEKEND WITH THE STEPS' WOMEN'S RETREAT



September 21<sup>st</sup> to 23<sup>rd</sup>, 2018

Sasamat Outdoor Centre: 3302 Senkler Rd. Belcarra B.C.

<http://sasamat.org/>

(North of Port Moody ~ 1 hour from Vancouver)



Our weekend includes: our speaker **Hilary R**, step sessions, campfire meetings, fellowship, food and lodging and swimming in the lake at our front door. Additional optional activities included in your registration: yoga, meditation session, canoeing, kayaking, entertainment evening and a whole lot of FUN!

Lodging is provided, but **you must bring your own bedding**, (pillows, sheets, blankets or sleeping bags and towels). In addition you will need a **flashlight as it gets pitch black at night**. Cabins are heated, rooms sleep 2 to 10 people.

**The cost is \$150.00**



**Tracey G.**  
**Linder W.**  
**Patty F.**  
**Saveria V.**

[tjiles8170@gmail.com](mailto:tjiles8170@gmail.com)  
[Linder.Walker@ca.cushwake.com](mailto:Linder.Walker@ca.cushwake.com)  
[progressivegroove@hotmail.com](mailto:progressivegroove@hotmail.com)  
[saveria2010@gmail.com](mailto:saveria2010@gmail.com)

604-345-5807  
604-603-5751  
604-307-9265  
778-855-4843



**Make cheques payable to: 'A WEEKEND WITH THE STEPS'**

Mail or deliver to: Tracey Giles @ #3-304 Highland Way, Port Moody, BC V3H 3V7  
Or

**Etransfers:** [tjiles8170@gmail.com](mailto:tjiles8170@gmail.com)