

Woodsy Woman Weekend is a workshop focused on learning outdoor skills and discovering adventure, fun and friendship. Designed especially for women, WWW welcomes participants 18 years of age or older. No experience is necessary.

This workshop is for you, if...

- You have never tried these activities, but have hoped for an opportunity to learn.
- You are a beginner who hopes to improve your skills
- You know how to do some of these activities, but would like to try your hand at some new outdoor skills
- You are just looking for the camaraderie of like-minded individuals.

This is promising to be an exciting, fun & adventure filled weekend that begins on Friday (7th) evening and continues to Sunday (9th) noon. 2 full days.

Check out all the sessions being offered and don't wait to sign up. *Registration deadline is August 24, 2012.*

Woodsy Woman Weekend – Sept. 7-9, 2012

Enrollment limit: The workshop is limited to 40 participants. Please register as soon as possible. Registration deadline is August 31, 2012. No exceptions.

Cost: Workshop cost is \$160. This fee includes all instruction, program materials, use of demonstration equipment, and meals.

Lodging: Cabin room lodging including a room and breakfast is available for \$100 (single occupancy), \$180 double occupancy per cabin room (some rooms only have one bed to share); or rustic camping is available upon request.

Equipment: Demonstration equipment is provided. Feel free to bring your own fishing gear, camera and any other equipment.

What to bring: Classes are outdoors and hands-on. Tennis shoes or hiking boots are appropriate. Specific class needs will be on your confirmation letter. Linens & towels provided in cabin.

Session Programs

Women's Self Defense: Learn to protect yourself. This session will go over environment awareness, preventing victimization, self defense tools, basic strikes, endangerment areas on the body, and how to survive an attack.

Intro to Fly Fishing: Land & water instruction. This session will go over equipment, fly tying, strategy, water ecology, practice your new skills while casting on land. Now, transition into the water and try your new skills. Rod & Reels will be provided.

Hiking the Appalachian Mtns.: Starting at the Walaysi-Center, there will be discussion on proper hiking equipment, hydration and safety. Then, the group will hike approximately 5 miles of the Appalachian Trail overlooking breathtaking vistas. Moderate fitness level.

Challenge Course: This session will lead you into 3 of our 5 challenge course obstacles including the "whale watch", "ropes course" and "pavers". The grand finale will be ride along the 300 ft. long zip line.

Outdoor Cooking: You will learn the skills to cook on an open flame of a bon-fire or barbeque. Corn bread, stew, country corn and desserts are on the menu.

Nature Photography: Capture the beauty of the Blue Ridge Mountains. Guided by a professional photographer, you will learn the basics of proper lighting, composition, and use of your personal equipment.

Tubing the Nottley: Participants will be shuttled up stream of the Nottley River, supplied with large tubes and set adrift. Float down the river for 2+ hours of refreshing fun.

Map and Compass: Lapdog will lead the group in the proper use of map & compass. Navigate through the wilderness with confidence and get to your destination. A fun game will be completed to test your new skills.

Qigong & Yoga: We'll begin the session with grounding and centering qigong movement, then transition to a gentle yoga practice. This class will release tension and prepare you for your afternoon activities.

Horseback Riding: Bring the cowgirl out! Spend the session learning about safety while riding, care of horse and enjoy a 1 hour guided trail ride through the mountains. Maximum weight allowed 240 lbs.

Lake Kayak Clinic: This session will involve learning the basics of lake kayaking with professional Ocoee Adventure Center instructors. All equipment will be provided.

Send me an email or give me a call.

There is a registration form and payment required.

Program selections are first-come, first-serve... so don't delay!

For those of you who would like to make a weekend getaway complete, we are offering accommodations at Paradise (to include a cabin room & breakfast) both nights for \$100 (single occupancy), \$180 (double occupancy) or rustic camping for \$30 a site.

Sincerely,
Ilke Lander