MARCH 9-11, 2018

SASAMAT WOMEN'S WEEKEND

SASAMAT OUTDOOR CENTRE
3302 SENKLER ROAD
BELCARRA, BC

HEALTH, WELLNESS AND GOOD COMPANY

Register online www.sasamat.org
FRIDAY

6:30 PM
CHECK IN & MOVE INTO CABINS

7:00 PM
HEAD LAMP SITE TOUR

7:45 PM
OFFICIAL WEEKEND WELCOME SNACKS SERVED

8:30 PM
LIVE MUSIC
SOC PRESENTS THE LADYBUGS

** THERE WILL BE NO DINNER MEAL SERVED ON FRIDAY**
SATURDAY

7:15 AM
EARLY YOGA CLASS (MAIN LODGE)
COFFEE/TEA FOR EARLY RISERS

8:30 AM
BREAKFAST (MAIN LODGE)

10:00 – 11:00 OR 11:30 AM
WORKSHOPS (BLOCK A)

12:00 PM
LUNCH (MAIN LODGE)

1:00 – 2:00 OR 2:30 PM
WORKSHOPS (BLOCK B)

2:30 PM
SNACK & CHAT BREAK

3:15 – 4:45 PM
RECREATIONAL TIME (BLOCK C)

5:00 – 6:00 PM
ZUMBA CLASS (MAIN LODGE)

6:30 PM
DINNER (MAIN LODGE)

7:30 – 8:30 PM
AN EVENING WITH SUZANNE SOLSONA

8:30 – 9:30 PM
EVENING SESSIONS (BLOCK D)
SUNDAY

7:15 AM
EARLY YOGA CLASS (MAIN LODGE)
COFFEE/TEA FOR EARLY RISERS

8:30 AM
BREAKFAST (MAIN LODGE)

9:30 - 12:00 PM
LOCAL HIKE DEPARTURE
(ADMIRALTY TRAIL)

10:00 - 11:30 AM
WORKSHOPS (BLOCK E)

12:00 - 1:00 PM
LUNCH (MAIN LODGE)

1:15 PM
THANK YOU & GOOD BYES
THE LADYBUGS!

The Ladybugs are a band of lady friends who love playing music together and feeling empowered as women doing so! The Ladybugs play a wide variety of music from oldies to today’s folk hits. Come and kick off the weekend with our live entertainment!

EARLY MORNING YOGA (SAT/SUN @ 7:15AM)

Come join for a calm, relaxed and grounded yoga class. Shannon’s classes will have options for all yoga abilities.

Shannon Komar

Shannon has been a student of yoga for over 20 years and a yoga teacher for 10. Her teaching style is influenced by her studies in Hindu mythology and white bone shamanism. As a lover of nature, you can find her hiking up a mountain or paddling on a lake.

ZUMBA - THE SALSA PULSE!

Come shake it up with Elizabeth and some spicy salsa! Elizabeth will lead an exhilarating dance social with the ultimate goal of having fun and dancing up a storm! Elizabeth has always believed in the importance of staying healthy, and when she discovered zumba, she saw that it combines all the elements of fitness she loves.

Elizabeth Leon

Elizabeth is a Colombian girl that breathes music, loves dancing and is passionate for fitness. She is a licensed zumba instructor and fitness instructor specialist.

(RE) CLAIMING YOUR NATURAL LIFE - AN EVENING WITH SUZANNE SOLSONA

In our society it is increasingly challenging to disconnect with technology and put aside pressures created by information overload and constant communication. Engage with Suzanne and come investigate how to incorporate the natural world into daily life. How to ask the right questions of the natural world and how to build your community.

Suzanne Solsona

For the past 9 years Suzanne has been a full time stay at home mother. In 2015 she added entrepreneur to her roster when she became founder & CEO of Mymayu, a company focusing on innovative multi-functional outdoor gear for families. From experience, she knows the importance of nature play and as a mother, has witnessed her kids “climbing the walls” on a rainy day. Suzanne practised law as a civil litigator for 8 years in Vancouver and is well versed in commercial and corporate law, employment law and insurance law. She is passionate about entrepreneurship, spending time with family outdoors and the role of women in society. She was recently a speaker at “She Ventures” in Vancouver, a semi-finalist of FWE’s ‘Pitch for the Purse.’ In October 2016, she presented at TEDx Gastown Women on the topic of women and social media.
BLOCK A

NOURISHING THE FEMININE THROUGH CONNECTION & PLANT MEDICINE
This workshop will bring about pleasure, joy and allow each of you to reconnect with your inner radiance and essence. Come escape from the daily grind, reconnect with yourself and other like minded women, and learn how to carry this practice into your daily life. (WALLACE ROOM)

DR. JENNY CUNDARI
Dr. Jenny is a Naturopathic Physician that loves to help people feel more magic in their lives and reach their full potential. Her medical beliefs are centered on balance and encompass the power of science, education, informed decision making and laughter & joy.

MACRAME ME!
Come join for a crafty session of friendship bracelets re-inspired - Macrame plant hangers! Each participant will leave with one plant hanger to take home and hang a vase, plant or object from home. (CEDAR ROOM)

SASA STAFF
Kristen Hyodo, our Program Director, will lead you through your macrame workshop.

FLOATING MOMENTS
Come join us for a peaceful guided kayak around the lake. Embrace a meditative moment from the middle of Sasamat Lake. See if you can spot the blue heron or hear any of the resident wildlife. Brush up on your skills and enjoy good company and conversation. (BEACH)

SASA STAFF
Britnee Roberts, a SASA Summer Staff Alumni will be guiding the kayaking lake paddle.

OPEN RECREATIONAL ACTIVITIES
The docks and canoes will be open for self-guided recreational time if you prefer to go for a little paddle or catch up on a book on the dock. (BEACH)
NUITRURE WITH NATURE - A PARK INTERPRETATION
LET NATURE RESTORE YOUR VITALITY ON THIS 'WALKSHOP' IN THE WOODS. SOAK UP THE HEALTH BENEFITS OF TIME IN THE WILD WITH SENSORY BASED ACTIVITIES THAT WILL CONNECT YOU TO THE LAND. LEARN BASIC NATURAL HISTORY IN THE BEAUTIFUL SURROUNDINGS OF BELCARRA REGIONAL PARK ON THIS 1.5 HOUR EXPLORATION. NO EXPERIENCE REQUIRED, JUST CURIOUSITY AND AN OPEN HEART. (SIDE PORCH)

LISA FERRIS
LISA'S JOY AND PASSION HAS BEEN CONNECTING PEOPLE WITH NATURE SINCE THE LATE 90'S. SHE HAS WORN MANY HATS WORKING FOR METRO VANCOUVER REGIONAL PARKS AS A PARK INTERPRETATION SPECIALIST, COMMUNITY DEVELOPMENT COORDINATOR, AND NOW AS A SPECIAL EVENTS ASSISTANT. TO BE MUDDY AND AMONGST THE TREES AND WILD THINGS RECHARGES HER SOUL.

THE WONDER OF BEES
JOIN VANCOUVER HONEYBEE CERTIFIED MASTER BEEKEEPERS ON HOW TO GET STARTED WITH THE REWARDING HOBBY OF BEEKEEPING IN YOUR VERY OWN BACKYARD, ROOFTOP, OR PATIO SPACE. LEARN ALL ABOUT THE ENVIRONMENTAL, SOCIAL, AND THERAPEUTIC BENEFITS OF KEEPING BEES IN OUR CITY SPACES & HOW YOU CAN DO IT NATURALLY. (WALLACE ROOM)

VANCOUVER HONEYBEE
VANCOUVER HONEYBEE WAS CREATED TO SUPPORT AND MAINTAIN HEALTHY BEE POPULATIONS FOR URBAN ENVIRONMENTS AND TO FOSTER COMMUNITY CONNECTEDNESS THROUGH THE HIVE.

DANGLE A-MAZE
STRAP ON YOUR CLOSED TOED SHOES AND JOIN US FOR AN EXHILARATING SESSION ON THE HIGH ROPE COURSE. FACE YOUR FEARS AND TRY AN ELEMENT OR TWO AND A-MAZE YOURSELF WITH WHAT YOU ARE ABLE TO ACCOMPLISH (WITH A LITTLE SUPPORT FROM THE TEAM!). (HIGH ROPE COURSE)

SASA STAFF
KRISTEN HYODO, OUR PROGRAM DIRECTOR, WILL LEAD YOUR THROUGH AN ENCOURAGING & WELCOMING SESSION ON THE HIGH ROPE COURSE.

OPEN RECREATIONAL ACTIVITIES
THE DOCKS AND CANOES/KAYAKS WILL BE OPEN FOR SELF-GUIDED RECREATIONAL TIME IF YOU PREFER TO GO FOR A LITTLE PADDLE OR CATCH UP ON A BOOK ON THE DOCK.
BLOCK C

RECREATIONAL FREE TIME

THE FOLLOWING PROGRAM AREAS ARE OPEN FOR YOU TO VISIT AND ENJOY AT YOUR LEISURE:

- CANOEING
- KAYAKING
- ROCK WALL
- VERTICAL PLAYGROUND

AT 5:00 JOIN US IN THE DINING HALL FOR OUR SALSA DANCE SOCIAL WITH ZUMBA INSTRUCTOR ELIZABETH LEON.

BLOCK D

EVENING SESSIONS

THE FOLLOWING ACTIVITIES ARE AVAILABLE FOR YOU TO JOIN AND ENJOY YOUR EVENING WITH:

- NIGHT HIKE (FRONT PORCH)
- END OF DAY MEDITATION GUIDED BY ROSANNE HOWE (WALLACE ROOM)
- CAMPFIRE (SIDE PORCH)
ABBIOCO

"ABBIOCO" MEANS THE DROWSINESS THAT FOLLOWS EATING A BIG DELICIOUS MEAL. COME JOIN OUR RESIDENT ITALIAN CHEF NADIA TO LEARN A BIT ABOUT WHOLESOME, INSPIRED COOKING FOR THE HEART AND BODY. (MAIN LODGE)

SASA STAFF

NADIA MARTINI, SASAMAT'S FORMER FOOD SERVICES MANAGER, IS MAKING A GUEST APPEARANCE AND RUNNING A WORKSHOP FOR A WEEKEND SHE CARES ABOUT DEEPLY.

CAMP PATCHES

IN THIS WORKSHOP, WE WILL BE CREATING EMBROIDERED CAMP PATCHES. A VARIETY OF EMBROIDERY TECHNIQUES WILL BE DEMONSTRATED AND TAUGHT TO PARTICIPANTS. THEN THEY WILL HAVE THE OPPORTUNITY TO CREATE THEIR OWN PERSONAL DESIGNS. THE FINISHED PRODUCT WILL BE THE PERFECT SIZE TO SEW ONTO A BAG OR JACKET! (WALLACE ROOM)

SASA STAFF

DANAAN CORDONI JORDAN, A SASA ALUMNI STAFF MEMBER AND PASSIONATE SEWER, KNITTER AND HIKER, WILL LEAD YOU THROUGH THIS WORKSHOP.

CANOEING FUNDAMENTALS

OPEN TO ALL PADDLERS, EXPERIENCED, BEGINNER OR SOMEWHERE IN-BETWEEN. COME BRUSH UP ON YOUR TECHNIQUE, OR LEARN THE BASIC STROKES IF A FIRST TIMER. ENJOY A FLOAT ON THE LAKE AND OF COURSE, GREAT COMPANY. (BEACH)

SASA STAFF

AMELIA FRAME, ANOTHER SASA ALUMNI AND NATURE ENTHUSIASTIC, WILL GUIDE YOU THROUGH YOUR CANOEING WORKSHOP.

OPEN RECREATIONAL ACTIVITIES

THE DOCKS AND KAYAKS WILL BE OPEN FOR SELF-GUIDED RECREATIONAL TIME IF YOU PREFER TO GO FOR A LITTLE PADDLE OR CATCH UP ON A BOOK ON THE DOCK.
THE SASA TEAM

KRISTEN HYODO
KRISTEN IS SASAMAT’S PROGRAM DIRECTOR. SHE GREW UP IN THE CAMPING WORLD AND 2018 WILL MARK HER 12TH YEAR IN PROFESSIONAL OUTDOOR LEADERSHIP. KRISTEN IS PASSIONATE ABOUT CONNECTING WITH OTHERS THROUGH DYNAMIC PROGRAMMING AND HELPING YOUNG FOLKS TO REACH THEIR FULL POTENTIAL.

BRITNEE ROBERTS
BRITNEE JOINED SOC AS A SENIOR COORDINATOR IN 2016 AND NOW HELPS OUT WHEREVER SHE CAN. SHE COMPLETED HER DEGREE FOR CHILD AND YOUTH CARE COUNSELLING, AND CURRENTLY WORKS AT CHILDREN’S HOSPITAL IN THE CHILD PSYCHIATRY PROGRAM. SHE IS PASSIONATE ABOUT HELPING PEOPLE!

ROSANNE HOWE
ROSANNE IS SASAMAT’S FOOD SERVICES MANAGER. HER PASSION FOR COOKING STEMS FROM COMING FROM A FAMILY THAT NEVER HAS DINNER FOR LESS THAN 30. ROSANNE IS CONSTANTLY STRIVING TO ENSURE ALL BELLIES ARE FULL, HEALTHY AND HAPPY.

NADIA MARTINI
NADIA SPENT FOURTEEN YEARS WITH SASAMAT AS OUR FORMER FOOD SERVICES MANAGER. SHE BRINGS AN ITALIAN FLARE FULL OF VIGOR AND PASSION FOR COOKING. SHE IS AN ADVOCATE OF WELL ROUNDED MEALS THAT STIR UP CONVERSATION AND COMMUNITY.

AMELIA FRAME
AMELIA IS A NATURE NERD, OUTDOOR ENTHUSIAST, AND NEW PUPPY MOM. SHE’S BEEN TEACHING IN THE OUTDOORS FOR OVER 10 YEARS NOW, AND SPENDS HER DAYS AT THE SURREY NATURE CENTRE DEVELOPING OUTDOOR PROGRAMS FOR ALL AGES.

SAFFRIN GRANBY
SAFFRIN WILL BE SPENDING HER THIRD SUMMER AT SASAMAT THIS YEAR AS A RESIDENTIAL CAMP COUNSELLOR. SHE IS STUDYING COGNITIVE SYSTEMS SPECIALIZING IN COMPUTER SCIENCE AT UBC. WHEN SHE IS NOT STUDYING OR WORKING, SHE IS BIKING AROUND THE CITY AND SPENDING TIME WITH FAMILY.

DANAAN CORDONI JORDAN
DANAAN HAS BEEN INVOLVED WITH SASAMAT THROUGH VARIOUS POSITIONS FOR THREE YEARS, AND IS PASSIONATE ABOUT THE OUTDOORS AND SUMMER CAMP. THEY ARE CURRENTLY STUDYING CHEMICAL PHYSICS AT UBC AND ENJOY SEWING, KNITTING, HIKING, AND PLAYING THE ACCORDION.

TARYN CHANG
TARYN WILL BE SPENDING HER SECOND SUMMER AT SASAMAT THIS YEAR AS A WATERFRONT INSTRUCTOR. SHE IS AN ACTIVE PERSON AND ENJOYS WORKING OUTSIDE IN PEACEFUL ENVIRONMENTS. TARYN HAS ALWAYS LOVED THE WATER AND ENJOYS CONTRIBUTING TO SASAMAT’S VIBRANT WATERFRONT.