

# Life Force Experiential Activities Centre

2019

## SPRING Program Guide



**We are popping up on April 1, 2019 at the Lodge at Gateway RV Resort**

**Lee Creek, North Shuswap, BC at 2633 Squilax-Anglemont Rd**

Just 8.0 km from the Trans Canada highway



For more information:

[www.lifeforceenergy.net](http://www.lifeforceenergy.net)

250-679-4411

**Our Goal is to provide meaningful experiences for those of all ages**



The opportunities we provide around our various activities and workshops are always focused around acquiring knowledge, embracing your true self (FOR REAL!!), and learning to be in the present. We know through experience; inherent gifts, skills, abilities, and self discovery will just happen!

We offer programming for all ages, demographics, and groups. We also offer specialized groups to those coming to us out of mandate, those with learning differences, behaviour concerns, or an initial unwillingness to participate.

## Spring 2019 Programs

### Table of Contents

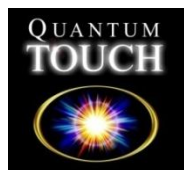
Yoga Schedule.....	3
KIDS ZONE.....	4
Outdoor Living & Life Skills .....	4
Wellness Programs & Services.....	6
How to register for our programs... ..	7
<i>View our full Events Calendar .....</i>	<i>7</i>

**Additional workshops, events, and activities will added to our schedule ongoing**

**For more information:**

**[www.lifeforceenergy.net](http://www.lifeforceenergy.net)**

**250-679-4411**



## Yoga Schedule

### April & May 2019- Beginning April 1, 2019

All Yoga Classes are 1 hour adult classes unless specified. The Lodge will be open 30 minutes prior to class start. All Classes at this time are with Danielle. Additional instructors will be added.

Monday	5:30 pm – 6:30pm 7:00pm – 8:00pm	Vinyasa Power Flow Deep Stretch – Yin
Tuesday	6:00am – 7:00am 9:00am – 10:00am 10:30am – 11:30am	Gentle Hatha Hatha Wake Up Parent & Tots Yoga & Movement
Wednesday	5:30 pm – 6:30pm 7:00pm – 8:00pm	Vinyasa Power Flow Deep Stretch – Yin
Thursday	6:00am – 7:00am 9:00am – 10:00am 10:30am – 11:30am	Hatha Wake Up Gentle Hatha Parent & Tots Yoga & Movement
10 \$Dollar Friday Classes	9:00am – 10:00am 10:30am – 11:30am	Hatha Wake Up Vinyasa Flow
Saturday	9:00am – 10:00am	Hatha Wake Up
Sunday	9:00 – 10:00am	Family Yoga

### Yoga Energy Exchange Options

**\$8.00 – Student & Teen Drop In**

**\$5.00 – 12 Under**

**\$15.00 Adult Drop In**

**5 Class Pass - \$69.00**

**(\$13.80 per class)**

**10 Class Pass - \$99.00**

**(\$9.90 per class)**

**All prices are subject to GST**

**\*Yoga with the Easter Bunny on Sunday Family Yoga - April 21, 2019– Chocolates and Treats served  
Advance Registration is required for this event by FRIDAY April 19.**

**Yoga with the Easter Bunny [REGISTER HERE](#)**

**Yoga does not have a mandatory pre-sign in at this time. Please join us minimally 5-10 minutes before class start, and earlier if you have never been to our Centre before (waiver to be signed) or are coming with multiple yogis on our Sunday Family Class.**

Family Yoga (family yoga - all ages welcome; however, ages 5-6+ is optimum)

**Additional Yoga & Movement Classes will be added and even pop up based on optimum interest and attendance. Yoga is also incorporated into the 8 Week Kids After School Program.**

**For more Yoga information, and class descriptions, please visit our website:**

**<http://www.lifeforceenergy.net/yoga/>**

## KIDS ZONE

### **Experiential Afterschool Program – 8 weeks- 1<sup>st</sup> round begins Wednesday April 10, 2019**

16 Hours of Programming - \$160.00 value - Participant Fee Subsidy being provided bringing the fee for this program down to \$80.00 Per Participant plus GST when signing up for the 8 weeks.

\$84.00 total= (\$10.50 per week- \$5.25 per hour) OR \$25.00 drop in (pre-arranged)

**Mondays (Ages 5-7) 3pm – 5pm** - (Excludes Easter Monday & Victoria Day)

April 15, 29, May 6, 13, 27, June 3, 10, 17

**Wednesday (Ages 8-11) 3pm – 5pm**

April 10, 17, 24, May 1, 8, 15, 22, 29

Interactive Agenda changes every week

For a detailed agenda of this afterschool series, and to register please visit our website at <http://www.lifeforceenergy.net/activities/> Register by clicking on and completing our online Events & Activities Form

**Registration deadline is Monday April 8, 2019**

## Outdoor Living & Life Skills

### **Lost in the Woods – Survival Basics for Kids- April and May**

**Sundays– 10:30am to 12:30pm** – Energy Exchange:  
\$20.00 per week – **Pre-Registration required**

**April 7, 28 (ages 6+)**

**May 5, 12, 19, 26 (ages 9+)**

To view the full agenda for this Workshop

<http://www.lifeforceenergy.net/life-skills-workshops/>

The objective of this two hour workshop is to provide participants with basic information on what to do in the event they should ever get lost in the woods. Sometimes vacations take families to remote areas, where it's easy for a child to get lost, such as camping, picnics, hiking, fishing, etc. Nobody ever expects to become lost, but it happens. Hopefully, this information will ensure a safe return of your child should this ever occur

Pre-registration is required by Friday in order to prepare for participant numbers and supplies needed. Participants are encouraged to attend as many times as they like. All ages welcome; however, participants under the age of six are asked to be accompanied by an adult (at no cost). We do our best to adjust our delivery too youngest age present.



## ***Paddle Canada Certification Programs***

**Adult Basic Canoeing Certification -May 4, 19 – 11am-6pm - \$119.00**

**Kids 8+ Basic Canoeing Certification –May 11, 19 - 11am-6pm - \$119.00**

(Instructor: Participant Ratio – 1:6) – [REGISTER HERE](#)

For additional course description and a full list of Paddle Certification Programs we offer, please contact us or visit our webpage:  
<http://www.lifeforceenergy.net/canoe-programs/>



**PADDLE  
CANADA  
PAGAIE  
CANADA**

Please contact us if you or your private group require or would like to obtain canoeing certification with Paddle Canada.

## ***Paddling Fun & Learn Programs***

Additional summer programs will be scheduled soon – including Adult Stroke Improvement, Kids Summer Camps, Drop in Canoeing, and Fun and Games for the whole family!

Contact us to schedule your group today!

Check out group pricing via <http://www.lifeforceenergy.net/canoe-programs/> or by Clicking [CANOE Programs](#)



**DRY LAND WATER Safety** - Knowledge and practice that will last a LIFE TIME & could SAVE a life!

**Sunday April 14, 2019 – 10:30-12:30pm**

**Sunday May 19, 2019 Victoria Day Long Weekend – 10:30am - 12:30pm**

A DRY Land Water Safety and Rescue workshop participant should be capable of performing physical movements. The intent of this workshop is to allow optimum time for participants to become familiar with equipment, and ample practice opportunities. **Target ages 8+.** REGISTER via our Activities Link on our website or by Clicking [HERE](#)

***Includes Snacks & Refreshments***

***Fee: \$20.00 plus GST (advance and minimum registration numbers apply in order to run the course)***

***Dry Land Water Safety Registration Deadline is Friday April 13 & Friday May 17***

There is so much to learn in order to feel like you can just take a paddle out on a lake or even moving water. This Lake Water Safety and Rescue workshop provides the opportunity to practice commonly used shore and lake rescue skills all the while on dry land. This workshop emphasizes learning around equipment and boat outfitting, trip planning, and lake water safety and rescue skills. It focuses on the fundamental skills, knowledge, and manoeuvres of pre-planning and practices use of various rescue equipment that can be used from the shore, in your boat, while on the lake, as well as discuss differences to moving water. For a full program description, please visit our website: <http://www.lifeforceenergy.net/canoe-programs/>



## Wellness Programs & Services

### **One Day Yoga Energize Retreat – Saturday May 18, 2019 – 9am to 5pm**

**@ The Lodge at Gateway Resort at Shuswap Lake**

**North Shuswap, Lee Creek, BC**

Energy Exchange fee- \$99.00 plus GST

**This Retreat comes with:**

Beautiful lake side surroundings and a comfortable day lodge

2 Yoga Classes

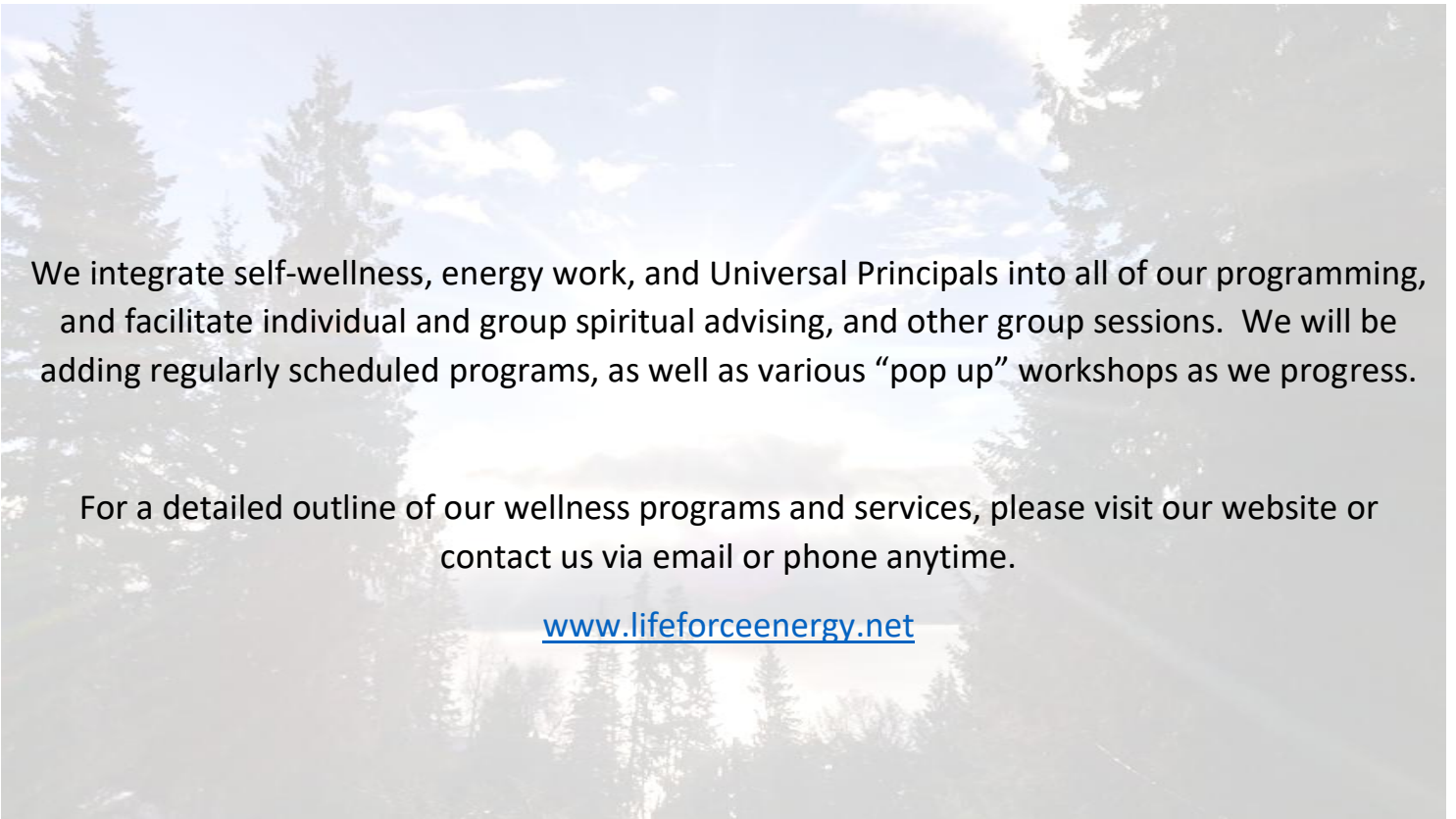
Over 4 hours of individual time, group activities, breath, energy, and meditation practice

A take home manual and a gift

Snacks, beverages & catered Lunch

**[REGISTER HERE](#)**

**Retreat Registration deadline is Friday May 10, 2019**



We integrate self-wellness, energy work, and Universal Principles into all of our programming, and facilitate individual and group spiritual advising, and other group sessions. We will be adding regularly scheduled programs, as well as various “pop up” workshops as we progress.

For a detailed outline of our wellness programs and services, please visit our website or contact us via email or phone anytime.

**[www.lifeforceenergy.net](http://www.lifeforceenergy.net)**

How to register for our programs...

### **[General Activities / Event Registration](#)**

We require advance registration for our kids programs and any special Activity on our calendar.

Click above or type the link into your browser to register for any of our Activities:

<https://lifeorceactivities.wufoo.com/forms/rwj5val1hds3b7/>

### **[Yoga Registration](#)**

We do not mandate yoga registration; however, if you would like to register in advance, please click above, or if you're unable to click on the above link, type this link into your browser:

<https://form.jotform.com/83396350831258>

### **[View our full Events Calendar](#)**

*Our Full Events Calendar and this program guide can also be accessed via our website [www.lifeorceenergy.net/Activities](http://www.lifeorceenergy.net/Activities)*

*Waivers are required for all our programming and will be made available at the time of registration and require signing at the time of payment.*

#### ***Payments***

*If paying pre-registration fees or remotely, we prefer E-Transfers. We will also accept Credit cards adding a small additional fee.*

***If you have any questions or would like to speak with Danielle directly, please reach out anytime.***

***Life Force Experiential Activities Centre,  
The Lodge at Gateway Resort at Shuswap Lake***

2633 Squilax-Anglemont Rd, ***Lee Creek, BC***

**[www.lifeorceenergy.net](http://www.lifeorceenergy.net)**

***250-679-4411 phone***

**[lifeorceenergy888@gmail.com](mailto:lifeorceenergy888@gmail.com)**