



# COTTONWOOD COVE

RV RESORT AT SHUSWAP LAKE



Summer 2018 Events offered by

Life Force Experiential Activities Centre

***Sunday Life Skills Workshops beginning July 15 & through into August from 6:00pm to 8:00pm*** at Cottonwood Cove RV Resort, Lee Creek, North Shuswap Lake.

It's a night to have some fun experiencing a wide array of activities that will promote initiative, boost self-confidence, and introduce participants to life applicable learning.

See upcoming workshops dates and descriptions below:

**This two hour experience is exchanged through \$10 per participant**

Workshops will **run with a minimum of FOUR participants**. Participant instructor ratio is 1:12- advance notice will be given.

The Sunday workshops are **Mostly** designed for **ages 6+**. **Please ensure** younger children (5 or under) are accompanied by an adult.

***Pre-Registration is required for all our workshops***

**[CLICK HERE to Register](#)**



### **Upcoming Workshops:**

**July 15, 2018 & August 26, 2018– from 6-8pm**

Lost in the Woods: Principles of Survival / with base survival kit – Ages 6+

Includes: Lost in the Woods RULES OF SURVIVAL \*Heat Loss & Survival Bed demonstration\*

Workshop Handout & Survival Kit materials

Demonstration & Practical Activities

### **Upcoming Life Skills Workshops:**

**July 22, 2018 & August 5, 2018 –6-8 pm – Kids FUN Yoga night experience-** All equipment provided 6+

Just a great way to ease your child into yoga. This two hour workshop allows for fun, interaction, supported practice time for breath work, visualization, and just tuning into their bodies, and of course YOGA!.

**July 29, 2018 6-8pm:** Vision, Leadership & Team Work Outdoors – Ages 6+

The objective of this workshop is to build a visual aid to assist participants in creating the emotional feeling behind all of their dreams, goals and desires. Even if participants aren't clear on what their goals and aspirations may be, the process of designing a vision board can elicit deep discovery, meaning, and self-understanding. We work out some of our feelings through activity and leadership opportunities. All materials provided

**August 19, 2018 6-8pm:** MOSTLY Dry Land Water Safety: All equipment provided 6+

There is a lot to know and practice before you may feel fully comfortable to take a paddle venture out on a lake or moving water setting. This workshop is conducted completely on dry land, so to allow for more comfort with equipment and practice time with things we most need to know. Learn and Practice for Bow Line Knot, Half Hitch, Truckers Hitch, Throw Bag uses and practice, Self and partner rescues

Detailed Workshop outlines can be viewed at:

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



## **Monday one day *CANOE Certification* July & August**

***Pre-Registration is Mandatory – \$79.00 per person***

**July 16, 23, & 30<sup>th</sup>, 2018 / August 6 & 13, 2018**

**9am-4pm with 1 hour of breaks**

Earn a Basic Canoeing Certification with this Nationally recognized program with Paddle Canada that is valid across Canada in this six (6) hour Canoe Program for anyone ages 8 to 110. Learn and practice in a safe lake setting, taking away experience and skills that last a lifetime!

**More on our Canoe Programs:** <http://www.lifeforceenergy.net/canoe-programs/>

***Yoga with Danielle – Tuesdays & Thursdays July & August*** at Cottonwood Cove Resort at Shuswap Lake

Tuesday evening from 5:30-6:30 in the Gazebo

July 10, 17, 24, 31, 2018

Aug 7, 14, 21, 28, 2018

Thursday mornings from 10:00am-11am at the Clubhouse (Cove Bar & Grill entrance) indoor and outdoor yoga depending on the day!

July 12, 19, 26, 2018

August 2, 9, 16, 23, 30, 2018

Yoga with Danielle. Enjoy an hour of yoga in the beautiful outdoor lake front setting at Cottonwood Cove RV Resort. Classes incorporate various yoga styles suited to all levels of Yogis. Traditional, Hatha, Ashtanga, Vinyasa Flow, and Yin.

**Participants will be advised via email of any changes after registering.**

**[Click Here to Register](#)**



**Pre-Registration is mandatory** – Minimum \$5.00 donation- If there are three or less students, classes may be re-scheduled with advance notice.

Yoga mats rental is \$2.00

Payment can be made upon each class arrival.

***Danielle's Certification:*** 200 RHYT: Certified Original Hot 26 & Vinyasa Flow Instructor, 50 Hour Yin, Certified Quantum Touch Energy Practitioner, Bachelor of Metaphysical Science & Ordained Metaphysical Minister.

Private Yoga & Posture clinics are available at a rate of \$40.00 per hour.

To read more on Danielle's Yoga Bio, **[Click Here](#)**.





# Amazing Geo Cache!

**Sunday September 2, 2018**

**6pm to 8pm**

**For everyone in the family**

**Team of 1+ participant(s)-No entry fee**

**Prizes Awarded for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place finish**

**[Click HERE to REGISTER](#)**

**Geocaching** is a real-world, outdoor treasure hunting game using a navigation device. Participants navigate to a specific set of coordinates or directional clues provided and then attempt to find the **geocache** (container) hidden at that location.

Bringing an Amazing Race feel to our **Sept long weekend Geo Cache**.

No Entry Fee

More Information to come

