

# Life Force Experiential Activities Centre

2019

## SPRING Program Guide



**Life Force**  
Experiential Activities

**We are popping up on April 16, 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.liforceenergy.net](http://www.liforceenergy.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

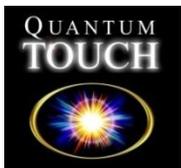
Yoga & Movement Schedule.....	3
KIDS ZONE.....	4
Outdoor Living & Life Skills .....	5
Wellness Programs & Services.....	7
How to register for our programs... ..	9
<i>View our full Events Calendar .....</i>	<i>9</i>

**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 & Movement Schedule

### April, May, and June 2019- Schedule **Beginning April 16, 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	9:00am-10:00am 5:30 pm – 6:30pm 7:00pm – 8:00pm	Yoga Soul Vinyasa Power Flow Deep Stretch – Yin
Tuesday	6:00am – 7:00am – <b>Pre-Reg</b> 9:00am – 10:00am 10:30am – 11:30am	Gentle Hatha Hatha Wake Up Parent & Tots Yoga & Movement
Wednesday	9:00am-10:00am 5:30 pm – 6:30pm 7:00pm – 8:00pm	Hatha Wake Up Vinyasa Power Flow Deep Stretch – Yin
Thursday	6:00am – 7:00am – <b>Pre-Reg</b> 9:00am – 10:00am 10:30am – 11:30am	Hatha Wake Up Yoga Soul 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	<i>Family Yoga</i>

### 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)

**\$59.00** Newbie

one month Unlimited

If purchased during your 1<sup>st</sup> visit to the Centre!

All prices are subject to GST

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

**6am Yoga on Tue & Thurs requires Day Before (9pm) Pre-Registration – [REGISTER HERE](#)**

All Other Yoga classes do 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 to our Sunday Family Class.

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

## Family Yoga – Yoga with the Easter Bunny - Sunday April 21, 2019 – 9:00am-10:00am



**\*Yoga with the Easter Bunny on Sunday Family Yoga - April 21, 2019**

**Chocolates, Treats, and Refreshments served**

Enjoy a fun music filled yoga class with all members of the family. This is an indoor event. Please also join us even if you're thinking you would rather not do yoga, you could enjoy the area, beach, and facilities while you wait for your family members and the Easter Bunny!!

**Advance Registration is required for this event by FRIDAY April 19.**

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

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

<http://www.liforceenergy.net/yoga/>

### KIDS ZONE

**Experiential Afterschool Program – Mondays & Wednesdays**

**8 weeks- 1<sup>st</sup> round begins Wednesday April 17, 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 Victoria Day)

April 29, May 6, 13, 27, June 3, 10, 17, 24

**Wednesday (Ages 8-11) 3pm – 5pm**

April 17, 24, May 1, 8, 15, 22, 29, June 5



Interactive Agenda changes every week and will accommodate the group from: team building and leadership games and activities, yoga, breathing, and movement, drama and improvisation, art, music, games, and more.

**[REGISTER HERE](#)** and For a detailed agenda of this afterschool series, or to learn more about Danielle's programs and what she is all about, please visit our website at <http://www.liforceenergy.net/activities/> . You can also Register by completing our online Events & Activities Form found on our website, or Call or email anytime as well!

**Registration deadline is Monday April 15, 2019**

## Outdoor Living & Life Skills

### **Lost in the Woods – Survival Basics for Kids- April and May - [REGISTER HERE](#)**

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

**April 28, May 5 (ages 5+)**

**May 12, 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](#)

To view the full Certification Program Description:  
<http://www.lifeforceenergy.net/basic-canoe-certification-solo-tandem/>



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

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

## **Paddling Fun & Learn Programs**

After School Canoeing Fun and Games with Danielle on a calm sheltered area of Shuswap Lake, just across from Gateway Resort in and around the sheltered bay. Weather and wind dependent as to whether we go on the water.

**Friday June 7, 2019 – 3:30-5:30pm**

**Friday June 14, 2019 – 3:30-5:30pm**

All Equipment provided

\$25.00



**Canoeing Fun and Games *Registration Deadline is Friday May 17 and May 24***

**[REGISTER HERE](#)**

For more information on our canoeing programs and lessons please visit our website at <http://www.liforceenergy.net/canoe-programs/> or by Clicking [CANOE Programs](#)

Please contact us to schedule your group today!

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

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

**Sunday May 26, 2019 – 10:30-12:30pm**

**We don't even go on the Water!!!!**

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](#)**

***Course 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 May 17 and May 24***

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 practicing the fundamental skills, knowledge, and manoeuvres of pre-planning and use of various rescue equipment that can be used from the shore, in your boat, while on the lake.

For a full program description, please visit our website: <http://www.lifeforceenergy.net/canoe-programs/>

## **Wellness Programs & Services**

### **One Day Yoga Energize Retreat – Saturdays**

**May 18, 2019 9am to 5pm**

**June 8, 2019 9am to 5pm**

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

**North Shuswap, Lee Creek, BC**

Energy Exchange fee- \$99.00 plus GST



**Offering two date choices for this one date Retreat, which comes with:**

Beautiful lake side surroundings and a comfortable day lodge

2 Yoga Classes

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

A take home manual and a gift

Snacks, beverages & catered Lunch

**[REGISTER HERE](#)**

**Retreat Registration deadline is Friday May 10, 2019 and Friday May 31, 19**

Please contact us for a detailed agenda and any additional details around this Retreat.

We will post a general agenda on our Retreats page of our Website soon!

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://lifeforceactivities.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.lifeforceenergy.net/Activities](http://www.lifeforceenergy.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.lifeforceenergy.net](http://www.lifeforceenergy.net)

**250-679-4411 phone**

[lifeforceenergy888@gmail.com](mailto:lifeforceenergy888@gmail.com)