

CAMP GLP 2018



WORKSHOPS

Entrepreneurship/Career

- From Brain to Book: How to Package Your Expertise into Book Form
- How to be a TED-Caliber Speaker
- Master Communication at Work, Home & Life
- Facebook Ads that Convert
- Create Engaging Event Experiences
- How To Write Personality-Driven Sales Copy
- The Perfect Intro: How to Confidently Introduce Yourself or Your Business (in Six Words or Less)
- Pivot: a Four-Stage Method Map for Your Next Moves in Life, Work and Creative Projects
- How to Create the Abundance You've Been Dreaming About
- How to Overcome the 5 Challenges that Keep You From Doing Your Most Meaningful Work

Creative

- The Stitched Mantra: Embroider Your Inspiration
- Handcrafting with Indigo Dye
- Make Your Own Mala
- Natural Solutions for Your Body: Self-Care with Aromatherapy (DIY—in the kitchen)
- Arts & Crafts Studio Time

Vital Living

- Your Messy Brilliance
- How to Cultivate a Life of Curiosity
- Discover Your Creative Pulse
- Get Your Gleep On!
- The Art of Noticing
- Wake Up the Joy Within You
- How to Crush it in Business and Life Without Crushing Yourself
- Crack the Code: Learn the Secrets of Decoding Teen Behavior
- Self-Healing with Ayurveda: The Medicine is Inside You

Mind Body & Movement (early am & afternoon)

- Meditation
- Mindfulness
- Yoga
- Restorative Yoga
- Stand Up Paddleboard Yoga
- MELT mini sessions
- Playful Movement
- IntenSati
- Pilates

And, if the above isn't enough, we will be adding in a few more fabulous workshops, so stay tuned.

Plus, there are a ton of other activities like swimming, hanging by the lake, canoeing, walking in the woods, camp olympics, connecting with a new friend under a tree, relaxing in a hammock, chilling in solitude with a good book and soooo much more! And, don't forget bunk bonding time, opening night bonfire, talent show and collab lab...the fun doesn't end.