



# Let Your Soul Shine & Enjoy the Journey

## *Weekend Agenda*

### FRIDAY

- 2-5 pm Check-In
- 4-5 pm Yoga with Renee
- 6 pm Dinner
- 7 pm Welcome EveryBODY
- Opening Circle

### SATURDAY

- 8 am Yoga w/ Lani
- 9 am Breakfast
- 10-11:30 am Soul Pampering
- 11:45-1 pm Your Body Is Your Guide
- 1 pm Lunch
- 1:30 pm Siesta
- 3 pm Choose Your Own Adventure
- 4:30-5:45 pm Let Me Hear Your Body Talk
- 6 pm Dinner
- 7 pm Shake Your Soul

### SUNDAY

- 8 am Yoga and Sound Bowl Healing w/ Lani
- 9-9:45 am Breakfast
- 10 am Photo
- 10:15 am Treat Your Body Write
- Closing Circle
- 12:00 pm Safe Travels Home





# Yoga Teachers



## Lani Voivod

MuseReiki.com

Facebook.com/LaniVoivodMUSE



Yogini, Reiki Master, Author, Muse.  
An essay in curves, verve, and vivacity.  
Alias: Boom Boom.

## Renee Cupples

Facebook.com/yogaloftnh



Owner of The Yoga Loft, revolutionizing relaxation, restoration, and revitalization with accessible yoga practices.

# Ceremony Leader



## Karen Couchon

Sacred Circle Guardian | Yoga Instructor | Sound Healing Practitioner | Reiki Master

Karen is a seeker of ancient wisdom, a weaver of energies, and a steward of sacred spaces. Inspired by the Native American culture and the profound symbolism of the Medicine Wheel, she walks the path of balance, harmony, and connection. Nature is her greatest teacher from mountaintops to forest groves, Karen seeks to connect with kindred souls. Whether on the mat, within the circle, or under the open sky, she invites you to explore, heal, and remember.

Let us honor Mother Earth by following the wisdom of the Native American saying: "Let us not take more from you than we need, but give back more than we take."



# Workshop #1



## Soul Pampering

Treat your soul to the ultimate spa day! Think of this as a full-body check-in, but instead of cucumbers on your eyes, we're sharing and receiving pure, loving life force energy.

We'll be sending out good vibes like confetti, and everyone's invited to the party. Expect to soak in a loving-kindness meditation that'll leave your spirit feeling like it just had a warm, cozy bath. Join us for this heartwarming session—because your soul deserves some serious TLC too!

*special guest*



## **Terri Hamilton** **Apparent Connection**

Terri's soothing voice and loving presence will gently guide us through a heart-opening loving-kindness meditation. Get ready to feel wrapped in warmth and compassion!



# Soul Pampering

Care for your inner well-being



## BODY

Immerse yourself in nature: hiking, swimming, gardening, being outside to observe the sights and sounds of nature.

Mindful breathing: practice deep breathing exercises and guided breathwork to calm the mind and rejuvenate the spirit.

## MIND

Invest time in inspiration: Spend time reading books that inspire your spirit. Spend time with people who uplift and support you. Attend and create retreat for deep reflection and renewal.

Visualization: practice visualizing your goals and dreams, focusing on the positive outcomes you wish to manifest and witness.

## SPIRIT

Invite your soul to speak: journal your thoughts and feelings, “writing from your heart” to express gratitude and explore your dreams. Paint, draw, write poetry, or engage in any creative activity that brings you joy.

Sound Therapy: Listen to calming music, nature sounds, singing bowls, and tuning forks.



# Workshop #2



## Your Body is Your Guide

Get ready to tune in and turn up the volume on your body's wisdom!



Your Body is Your Guide will explore the ways our bodies guide us in every day. Heather will kick things off with a fascinating interview with artist Kate Lemay, who will share how her body has been her creative compass in both art and life. Then, we'll dive into sensing energy, understanding the subtle messages our bodies send, and learning how to ask for guidance when we need it. Plus, Heather will introduce some fun and practical ways to start speaking more kindly to ourselves—because our bodies are always listening!



*an interview with:*

### **Kate Lemay**

**Artist of Conscious Evolution**

Kate's open heart, courageous spirit, and deep reverence for the irreverent as well as the Divine inspires others to cut loose and let their souls shine.

Kate has invited us to dive deep into her creative process. We'll explore how she taps into inspiration, what she feels, sees, and hears, and how she stays open to the flow of creativity and understanding..





Erin



Molly



Heather

# *Choose Your Own Adventure Options*

## 1. **Molly Delehey**

Connect to Joy Through Music & Movement!

## 2. **Erin Neuhardt**

Tap Into the Energy of the Moon and Find More Flow

## 3. **Heather Maguire**

Breathe, Connect, and Let the Universe Work Its Magic

# *choose*



# *your*



# *own!*



*Choose Your Own Adventure Descriptions*





### **1. Connect to Joy Through Music & Movement!**

**w/ Molly Delehey**

For those who want to feel the rhythm in their bones and express themselves through movement, join Molly for an energizing breakout session. Expect laughter, maybe a few surprises, and the discovery of how movement can naturally release energy, stir emotions, and spark new experiences.

### **2. Tap Into the Energy of the Moon and Find More Flow**

**w/ Erin Neuhardt**

Unlock your potential and achieve greater harmony by harnessing the power of lunar energy. In this transformative workshop, you will learn to synchronize your personal energy with the Moon's cycles, enhancing your flow and balance in life. Discover the secrets of the eight lunar phases and master the art of integrating this natural rhythm into your daily routine.

By embracing the Moon's ebb and flow, you'll cultivate a profound connection with yourself, prioritize rest, and establish personalized rhythms that promote well-being.

### **3. Breathe, Connect, and Let the Universe Work It's Magic**

**w/ Heather Maguire**

Mindfulness meets cosmic connection. This workshop will guide you through a meditative journey and a mindful walk, inviting you to relax deeply, connect with the Universe, and allow magical insights and calm to naturally emerge.

# Workshop #3

## Let Me Hear Your Body Talk

After years of facing judgment—both from others and from ourselves—Sue and Lani will guide us in taking a candid look at how this may have held us back from joy, from stepping into our true selves, and from forming genuine connections.



We'll explore these themes together honoring ourselves, and our individual journeys. Then, we'll lighten the mood with fun improv exercises that will let us laugh, drop the judgment, and build more positive, heartfelt connections.

## special guests

**Lani "Boom Boom" Voivod**  
Professional Muse

With her original blend of humor and honesty, Lani will share how she makes the decision to embrace life fully despite self judgment.



**Molly Delehey**  
Shake Your Soul

Molly will invite us to let loose, let go, and drop into our bodies with laughter and curiosity through the power of improvisational play.





# Saturday Evening

## SHAKE YOUR SOUL

w/ Molly Delehey



**It's Saturday night and it's time to "Shake Your Soul" in this unique and joyous movement experience.**

Designed to soothe your nervous system while it energizes your body and spirit, this fun and expressive session will guide you through playful exercises and games that encourage you to connect with your body and move in ways that your body wants to move.

Experience the freedom of movement for connection and expression rather than for performance. It's all about movement for connection and expression, not for performance—because when you're shaking your soul, it's not about how it looks, it's about how it feels.

Cut loose, have fun, and experience the freedom of movement!





## Workshop #4

### Treat Your Body Write w/Sue

This reflective session will help you integrate the weekend, allowing you to internalize your experiences and bring a meaningful close to our time together.

In this heartfelt session, you'll craft a personal letter to your body—expressing gratitude, offering forgiveness, setting positive intentions for the future, and perhaps a dash of humor!



Sue's compassionate presence will gently encourage us to celebrate our journey inward while we step forward with renewed love and appreciation for ourselves.  
#emotionalsupportunicorn



## *moon fired intentions*

**Erin Neuhardt**

Synchronize your intentions with the power of the moon and send them off in a blaze of glory.





# Retreat Leaders

Sue Penney Bergman  
**Joy & Co**



**Sue is a vibrant and intuitive spiritual mentor and oracle card reader.**

Her personal journey -uncovering her soul superpower- fuels her passion for helping individuals harness their own unique powers.

As a spiritual mentor, she is committed to walking alongside those who seek to live authentically, joyfully, and in alignment with their highest selves. Through her work, **Sue empowers others to embrace their spiritual gifts, trust in the divine, and live a life full of purpose and joy.**

Whether you're seeking clarity, guidance, or a spark of inspiration, Sue's Trust Your Vibes oracle card readings will help you tune into your soul's wisdom and trust your inner knowing. She gently guides you in focusing on your IGS (Inner Guidance System), shares intuitive insights she receives during your reading, and raises awareness of multiple perspectives along the way.

Sue's hands-on workshops and retreat experiences are immersive and empowering, designed to help participants shift from head to heart space, embrace playfulness, connection, and experience the joy and challenge of spiritual growth.



## Heather Maguire **Unconventional Intuitive**

[unconventionalintuitive.com](http://unconventionalintuitive.com)



**Heather Maguire empowers women to deepen their connection with their intuition, to build confidence, and trust in themselves.**

With her guidance, clients learn that they are their own best source of wisdom, and that by harnessing their energy and attention, they can create the change they desire.

Heather weaves together spiritual guidance, mediumship, and channeled messages to provide clients with one-on-one support during life's challenges, helping her clients transform self-doubt into personal power.

As a trusted teacher and coach, Heather specializes in helping women tune into their inner knowing, teaching them how to silence external noise and confidently follow their own guidance.

Her unconventional approach, reflects her own journey of learning how to trust herself and rely on her inner wisdom. Learning not to trust herself has taught her to rely on the miraculous. Her work as a speaker, group leader, and intuitive coach invites others to see their miracles and trust in change.



# Retreat Teachers



**Molly Delehey**

**Shake Your Soul**

[mollydelehey.com/shake-your-soul](http://mollydelehey.com/shake-your-soul)



**Molly is a believer in the power of playfulness as a way to connect us to ourselves and others.**

Molly received her "Shake Your Soul" certification from Leven Institute for Expressive Movement at Kripalu Center for Yoga and Health in July 2019.

Since that time, she has taught at wellness centers, retreat centers, schools, colleges, camps and community education centers in and around the greater Boston area. During the pandemic, she led classes on her front lawn with her neighbors.



**Erin Neuhardt**

**Moon Productivity Course**

[ErinNeuhardt.com](http://ErinNeuhardt.com)



**Erin is an expert at harnessing the power of the moon to create flow, ease, and productivity!**

Her Moon Productivity Course is about tapping into the natural energy cycles that influence every aspect of our lives, from our moods to our creativity to our ability to focus.

Erin teaches you how to align your actions with these cycles, so you can stop fighting against the current and start flowing with it.



**Lani empowers humans of all ages and abilities to connect to their authenticity, radiance, power, and possibilities.**

As an RYT-500 Yoga Teacher, Reiki Master, Author, and Shenanigan Enthusiast, she offers dynamic yoga classes, transformative Muse Reiki sessions, vibe-boosting sound baths, and unique audience experiences fueled by "Life Magic," reverence, and moxie. Lani lives in New Hampshire's scenic Lakes Region with her husband and two sons, and believes most rules are made to be broken - especially the ones we make up in our heads.



## **Renee Cupples**

### **Yoga Loft NH**

YogaLoftNH@gmail.com.

facebook.com/cupples

**Renee Cupples went through her “RENEEssance” when she became a yoga teacher in 2018.**

Her teaching style is intuitive Vinyasa with a focus on empowerment, healing and mobility. She teaches a variety of in person yoga classes in New Hampshire's Lakes Region and hosts an outstanding yoga inspired podcast called True for You.

# About Kate Lemay & the Enjoy the Journey Tour

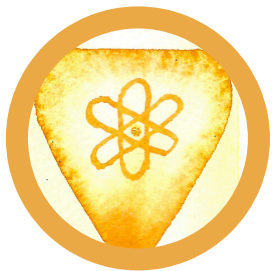


The Artist of Conscious Evolution ... part elf and lover of felt. A YMCA Camp Leader since 1999, she is committed to living on purpose, creating conscious communities, and leaving this world a better place. She is currently the Executive Director of the YMCA of Greater Boston Overnight Camps (North Woods for Boys, Pleasant Valley for Girls, and Sandy Island Family Camp). Kate has her 500-hr Yoga Teacher Training certification from the Abhyasa Yoga Institute, RYS and has studied with Christina Alexa for more than a decade.

This retreat series is not just a dream but a unique journey that Kate is grateful you are now part of. It's a journey of self-discovery, community building, and conscious evolution. And rest assured, it's not a cult.

Art, jewelry, additional retreats, POTMC and The Art of Conscious Evolution Deck & Journal are available in the camp store this weekend and online at her website, [katelemay.com](http://katelemay.com).

## Art



## Retreats



## Deck & Journal



## Jewelry



## POTMC Club



## The Vision

*Dream  
Partners:*

YMCA of the USA  
National Endowment for the Arts  
YOU & The Wallace Foundation  
PBS - Art21  
ACA- American Camping Association

**Dream Big & Enjoy the Journey - 2023 (7 States) - Achieved!**

**Let Your Soul Shine & Enjoy the Journey - 2024 (7 States) - Happening Now**

**Go All the Way & Enjoy the Journey - 2025 (Goal 14 States)**

**Live in Love & Enjoy the Journey - 2026 (Goal 21 States)**

**Live on Purpose & Enjoy the Journey - 2027 (Goal 28 States)**

**Create Conscious Evolution & Enjoy the Journey - 2028 (Goal 35 States)**

**Leave This World A Better Place & Enjoy the Journey - 2029 (Goal 42 States)**

**Enjoy the Journey Tour - 2030 (Goal 49 States)**