

# “Authentically YOU”

## One Day Girls Workshop

Cultivating your best SELF: physically,  
mentally and emotionally



### KEY INFORMATION

**Age:** Girls 9 – 12 years

**Instructors:** Andrea LaMantia & Virginia Gingras (school teachers)

**Location:** 53 Fairway Court  
Oro-Medonte, On

**Cost:** \$60 (includes lunch, snacks, yoga, baking, art and workshops)

**Date:** 9:30 – 3:30 Thurs, Nov. 24<sup>th</sup>

**Class Size:** 15 Girls (max)

**To Register and Learn More  
Please Visit Our Website!**

### ITINERARY:

9:30 – 9:45

**Arrival/Introductions**

9:45 – 10:15

**Ice Breaker: Making Pizza Dough**

- Discussion (Processed food Versus Natural Foods)

10:15 – 11:00

**Your Best You Activity Workshop**

- Acknowledging our strengths/weaknesses & being proud of them
- Using your voice
- Identifying what pokes holes in our self esteem

11:00 – 12:00

**Nutrition Workshop**

- Focus on fueling our bodies, moderation and awareness (rather than obsession)
- Baking Healthy Glow Bars together as a team
- Building pizzas

12:00 – 12:30

**LOG Games**

- Working with others and finding your own VOICE

12:30 – 1:00

**Pizza Lunch**

1:00 – 1:20

**Black and White Thinking: Finding the Grey**

- Identifying when it occurs and how to find the grey
- Dance Activity

1:20 – 1:40

**Fractured Fairy Tales**

- Finding Grey Within the Fairy Tale

1:40 – 2:00

**Window Markers Art**

- Happiness, Stressors and Coping Mechanisms

2:00 - 3:00

**Relaxation Yoga**

- Finding calm in chaos (by Certified Yoga Instructor)

3:00 – 3:30

**Debrief/Depart**



[www.thrivingthroughaction.com](http://www.thrivingthroughaction.com)

Contact: Virginia and Andrea

email: [thrivingthroughaction@gmail.com](mailto:thrivingthroughaction@gmail.com)

Tel 647-273-2388 or 705 345 8300