



AIN'T SEEN NOTH'N YET, INC.

# ASNY ADULT RETREAT 18+

COME PLAY FOR A WHOLE WEEKEND AWAY FROM THE NITTY GRITTY; A LITTLE GETAWAY FOR YOURSELF. DRIVEN, LODGED AND FED FROM FRIDAY AFTERWORK UNTIL SUNDAY AFTERNOON.

**COST:** \$350 PER PERSON

**INCLUDES:**

- BUS TO AND FROM OUR OTTAWA
- MEALS AND SNACKS\*
- LODGING
- WORKSHOPS

**LOCATION:**

GRACEFIELD CHRISTIAN CAMP AND RETREAT CENTRE, 37 CH. DES LOISIRS, GRACEFIELD QC.

**WHEN:**

JUNE 2ND TO 4TH 2023

NOTE THAT \$100 DEPOSIT PER PERSON IS REQUIRED TO SECURE YOUR SPOT FOR THIS EVENT. MUST BE PAID IN FULL BY MARCH 31ST, 2023.

LIMITED SPOTS ARE AVAILABLE. CONTACT US TODAY FOR MORE DETAILS.

[INFOASNY@ME.COM](mailto:INFOASNY@ME.COM) OR 613-327-6595

\*WE WILL CATER TO DIETARY NEEDS.

## WORKSHOPS AND ACTIVITIES:

- BREATHING FOR SINGER'S
- TEST YOUR ARTISTIC STRENGTHS
- THEATRE GAMES
- VOICE/ SINGING IN HARMONY
- MOVEMENT
- COMBATING STAGE FRIGHT AND NERVES
- COFFEE HOUSE
- OPEN MIC NIGHT
- FIRESIDE SING-A-LONG
- PUBLIC SPEAKING
- ACTING THROUGH SONG
- NAILING THE PERFECT AUDITION
- COLLABORATION BETWEEN LIKE-MINDED FOLK
- NATURE WALKS
- RELAXATION TIME
- MEDITATION
- YOGA
- MEET NEW PEOPLE

## ITINERARY:

**FRIDAY:**

- 5PM: PICK UP FROM GIVEN LOCATION
- 7PM: SETTLING IN
- 7:30PM: DINNER AND COCKTAIL HOUR
- 8:30PM: FIRESIDE SING-A-LONG

**SATURDAY:**

- 7AM: COFFEE IS ON
- 7:30AM: CHECK IN
- 8AM: BREAKFAST
- 10AM: ACTIVITY 1
- 11AM: ACTIVITY 2
- 12:15PM: LUNCH
- 1PM: ACTIVITY 3
- 2PM: ACTIVITY 4
- 3:30PM: ACTIVITY 5
- 4:45PM: ACTIVITY 6
- 6PM: DINNER
- 7PM: COFFEE HOUSE, OPEN MIC NIGHT
- 9PM: FIRESIDE

**SUNDAY:**

- 7AM: COFFEE IS ON
- 7:30AM: CHECK IN
- 8AM: BREAKFAST
- 10AM: ACTIVITY 7
- 11AM: ACTIVITY 8
- 12:15PM: LUNCH
- 1:30PM DEPARTURE