



Summer Seminars for Women

"Light for the Journey!"

at the American Youth Foundation's Miniwanca in Shelby, Michigan

Enter a circle
Knowing spirit is there.
Sit in a circle
To learn what you
believe.
Leave the circle
Stronger than when
You came.

~Bartie Jones

July 29- August 2, 2015.

Join us on the beautiful shores of Lake Michigan for an enriching experience for women of all ages!

Explore the theme of "Light for the Journey!" as we examine how the theme relates to our lives through experiential activities and communal living led by:

- **Anna Kay Vorsteg**, President of the AYF, *Leading the Four Fold Life and providing Light for the Journey with wisdom, laughter for others since she was a camper.*
- **Rev. Karen Knodt**, *Pastor Immanuel U.C.C. Ferguson Mo. Light for the Journey in our Spiritual lives, in times of darkness and light.*
- **Linda Wheatland Smith, D.C.** *Doctor of chiropractic and certified acupuncturist; mind body skills practitioner and wellness workshop leader; song leader and Springboard artist; mother of two young men, Nathan and Jason. Website: handsonhealthstl.com*
- **Carolyn Hubenak, MSW.** *Will lead 3 afternoon sessions: Angels can fly because they take themselves lightly, Tripping the Light Fantastic, Keeping Your Wits About You.*

Discover how the AYF's unique philosophy inspires personal growth in adults and youth alike.



❖ Cost is \$475.00, which includes all seminars, programming, room and board.

For more information on all AYF programs visit our website at www.AYF.com
SSW is listed with "Summer Programs" OR contact us via e-mail @ jschantz@ayf.com

Summer Seminars for Women

Summer Seminars for Women is a unique gathering of women at the AYF camp Miniwanca in Shelby, MI. Camp Miniwanca is located on the shores of Lake Michigan. A pristine natural environment that offers opportunities for women to share experiences, learn, play, rest, laugh and grow together surrounds the camp.

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Each morning we are challenged by the morning seminar to relate to the world in a new way.

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Each afternoon we are free to relate and relax with each other in community activities or experience "solo time." There will be plenty of time to play reflect and use the extensive facilities of camp Miniwanca as well as enjoy off-site opportunities such as- winery tours, ice cream parlors, pottery shops and farmer's markets—
with extensive fruit and pie selections.

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Each evening we reflect upon the day and enjoy a sunset together.

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Each night...we rest, complete in the knowledge that we are rediscovering our "best selves" to take back to our homes and the larger world.

This program takes place on the beautiful sand dunes and pine forests of Michigan.

There is a lot of walking on trails and beaches. There are areas that require climbing stairs and some sitting on the beach and sand.

We get our exercise!

We live in community and share chores and activities to benefit the SSW and larger camp community.

Sample daily schedule:

*7:00-8:45 Breakfast, optional activities.

*9:00-11:45 Morning Seminar

*12:00-5:30 Lunch, optional activities.

*6:00 Dinner.

*7:30 Evening program

*9:00 Sunset on beach.

*9:30 Snacks and social time.

HOUSING AND GATHERINGS: The sleeping rooms in the residence are dorm like— with double occupancy. (Consider inviting a friend!) We bring our own twin sheets, pillow, blanket/sleeping bag, towels (beach and personal), and washcloth.

Community restrooms/showers are located throughout the building. For photos of the residence and grounds: Please visit: www.summerseminarsforwomen.shutterfly.com

Meals, all programming and a Summer Seminars for Women T-shirt are included in the \$475.00 fee.

REGISTRATION: A registration form is enclosed or available for download:
www.AYF.com - <Summer Programs> Tab <Summer Seminars for Women>

Once registered, you will receive additional information such as what to bring, speaker bios, travel information, a final invoice and small group information as the conference draws closer.

Limited scholarship money is available. If you would like to be considered for a scholarship or have any questions regarding the program please contact: jschantz@ayf.com