



# island reset

**Grab your girlfriends and join us for Mission Point's newest women's only wellness event – Island Reset, September 27-30.**

We all know that we can't achieve successful lifestyle changes overnight, but sometimes it is taking the first step in the right direction that can make all the difference.

We invite you to open your mind to who you want to be when you envision becoming your authentic "best self".

This is the perfect opportunity to take a "time out" and renew the importance of your overall wellbeing. Invest in yourself by taking a break from the daily grind and remembering what it means to be you!

Mission Point on Mackinac Island is the perfect backdrop for you to enjoy a wonderful wellness experience. In addition to the breath-taking views, you will be able to enjoy a wide range of healthy activities and exceptional education that can set a new foundation for your lifestyle moving forward.

This is your time to shine! Join us and transform the way you live your life. Relax, unwind, have fun and reset your focus on what is really important to you.

Mission Point has partnered with the renowned McCahill Group and Peaches McCahill, President and Chair of the Governor's Council on Fitness, along with the Somerset Collection to bring you 3 days of inspiring (and fun) programming for all ages and abilities including yoga, skin care by KPS, nutrition, motivation and more.



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## Thursday, September 27, 2018

### Arrival Day

- Ferry tickets will be held at Shepler's for your pick-up. Shepler's offers several parking options
- Walk or shuttle to Mission Point Resort from the Mackinac Island dock
- Hotel check-in begins at 4 pm in the main lobby
- Island Reset check-in begins at 2 pm where you will receive a final agenda and goodie bag as well as confirmations for your prearranged spa appointments. Last minute spa appointments can be booked based on availability. Lakeside Spa and Salon treatments are a la carte.
- Chair massages available in the lobby
- Shop in the lobby at Mission Point's Pop-Up stores including "a collection" from the Somerset Collection featuring Peloton, Lululemon, Shinola, J. McLaughlin along with local artist Mary Lou Peters, and The Boutique at Mission Point

### Evening Agenda

5:00 – 6:00 pm Social Welcome

6:15 – 7:30 pm Welcome Dinner – Meet the Island Reset Team

8:30 – 10:00 pm Bonfire with music with Gabi Bowditch



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## Friday, September 28, 2018

Friday's meals are based on the cookbook *Rosewater and Orange Blossoms* written by award-winning Michigan chef and author, Maureen Aboud. Proclaimed by Anthony Bourdain as "A terrific and important book", Maureen's recipes have been featured in the *Washington Post*, *Conde Nast Traveller*, *Epicurean*, *Today.com*, *Los Angeles Time*, *Detroit Free Press*, *Chicago Tribune*, and *The New York Times* Book review to name a few.

### Agenda

7:30 – 8:00 am Sunrise Yoga

8:15 – 8:45 am Vow Yoga

7:30 – 8:15 am Morning run

7:30 – 8:15 am Sun-up Session - Hike to Arch Rock for a glorious view of the sunrise

8:30 – 10:00 am Island Reset breakfast buffet

10:00 – 11:00 am Keynote Presentation – Spiraling up by Peaches McCahill

11:15 – 12:15 pm Breakout sessions

- Circuit - Fitness Center
- Understanding Herbs
- Feeding a Hungry Heart

12:30 – 1:30 pm Island Reset lunch buffet

2:00 – 3:00 pm Breakout Sessions

- Meditation
- Slimsage Experience an Answer to Cellulite presented by KPS
- Feeding a Hungry Heart
- Zumba

3:00 to 6:30 pm Afternoon Options

- Exercise in fitness center
- Tennis
- Experience the island on your own or with friends
- Take a refreshing nap
- Bike around the island
- Art and Journaling with artist Mary Lou Peters
- Shop in the lobby at Mission Point's Pop-Up stores including "a collection" from the Somerset Collection featuring Peloton, Lululemon, Shinola, J. McLaughlin along with local artist Mary Lou Peters, and The Boutique at Mission Point

4:00 – 4:30 pm High Tea – an Herbal Experience

5:00 – 5:30 pm Afternoon Stretch

6:30 – 7:30 pm Island Reset Dinner Buffet

8:00 – 9:00 pm Organic Beauty Bootcamp presented by KPS

9:00 – 10:00 pm Wine and games



## Saturday, September 29, 2018

### Agenda

7:30 – 8:00 am Sunrise Yoga

8:15 – 8:45 am Vow Yoga

7:30 – 8:15 am Morning run

7:30 – 8:15 am Sun-up Session - Hike to Arch Rock for a glorious view of the sunrise

8:30 – 10:00 am Island Reset breakfast buffet

10:15 – 11:15 am Breakout

- Circuit – Fitness Center
- Understanding Herbs
- Wine & Weight Loss

11:30 – 12:30 pm Breakout Sessions

- Circuit – Fitness Center
- Understanding Herbs
- Gut Health – Probiotic Overwhelm
- Pilates

12:30 – 2:00 pm Island Reset Lunch – Local Life on Mackinac Island with Valerie Porter

2:15 – 3:15 pm Breakout Sessions

- Mindfulness and The Infinite Power of Personal Vows
- Wine & Weight Loss
- Pilates

3:30 to 6:00 pm Afternoon Options

- Exercise in Fitness Center
- Tennis
- Experience the Island on your own or with friends
- Take a Refreshing Nap
- Bike Around the Island
- Art and Journaling with artist Mary Lou Peters
- Experience to Peloton Cycle
- Shop in the lobby at Mission Point's Pop-Up stores including "a collection" from the Somerset Collection featuring Peloton, Lululemon, Shinola, J. McLaughlin along with local artist Mary Lou Peters, and The Boutique at Mission Point
- 6:00 – 7:30 pm Dinner Buffet
- 7:30 – 8:30 pm Organic Beauty Boot Camp presented by KPS
- 9:00 – 10:00 pm PJ Meditation - Come in Your Favorites Jammies



## Sunday, September 30, 2018

### Agenda

7:30 – 8:00 am Sunrise Yoga

8:15 – 8:45 am Vow Yoga

7:30 – 8:15 am Morning run

7:30 – 8:15 am Sun-up Session - Hike to Arch Rock for a glorious view of the sunrise

8:30 – 10:00 am Island Reset Light Breakfast

9:30 – 10:30 pm Closing Session presented by Geoff Lamden)

11:00 am Checkout

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## Additional Information

### Helpful Tips

Your bags can be delivered to Mackinaw City or St. Ignace in advance so you can enjoy the day on the island

Ala Carte items can be arranged through the Mission Point Concierge desk

- Bike Rentals
- Lakeside Spa and Salon services, including Mission Point's signature Lilac Body Treatment
- Kayaking (weather permitting)
- Carriage Rides
- Fort Mackinac Tickets

### Cost

Rates include meals, program, room, ferry passes, luggage transfer and arrival and departure shuttle to and from the dock, and taxes. Participants must be at least 18 years old to participate in the program.

Single Occupancy: \$1185

Double Occupancy: \$910 per person

Triple: \$849 per person

Quadruple: \$818 per person

**This program will sell out quickly and can only be booked by calling 800.833.7711**



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## Presenters

### Wendy Brookhouse

Wendy is a graduate of Michigan State University and completed her dietetic internship with the City of Detroit. Her specialties include group education, pediatrics, weight management, disease state management and prevention, worksite wellness, and providing realistic, sustainable health and wellness support to meet clients' personal goals. Wendy's experience ranges from public health to hospital and private practice. She appears on monthly television and public radio segments promoting health and wellness. Wendy's favorite activities are traveling and any time spent with her husband and two children, including backpacking, downhill skiing and playing ice hockey.

### Naomi Call

Naomi Call is an international, teacher, author and lifestyle consultant. As a certified Kripalu Yoga teacher she is known for her positive approach that empowers students to excel with their goals on and off the mat through creating personal vows. She is the Findhorn Press and Gaia Books best selling author of Yoga In Bed and Fountain of Youth Exercises. Naomi is also the creator of Affirmation Meditations and Flower Wisdom. She has embraced and shared numerous forms of chi practices, meditation and healthy lifestyle tools for over 35 years. Healthy living for Naomi began through a focus on food and has greatly expanded to embrace all aspects of life. Naomi is an avid gardener, certified herbalist and alchemist of life.

### Geoff Lamden

Geoff Lamden is an authentic human sharing the experience we all call life. He has worked in the health food industry for over 17 years, is a trained Naturopath and Holistic Counselor, and has used sound as a method to explore and offer healing to others for 24 years. By being in close communication with many individuals about their health concerns and observations, he has come to the conclusion that the self heals the self. Geoff uses the sounds of the didgeridoo, singing bowls, solfeggio tone tuning forks, drums, shakers, and the human voice to empower other's self healing and to help create a loving space for their own self-discovery. He is a passionate soul with a compassionate heart and a desire to be present, nurturing, and devoted to the healing process. "I find sound is a direct link for the Mind/Body/Essence connection."



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### **Peaches McCahill**

Peaches McCahill is the president of The McCahill Group, a health, fitness, and beauty consulting practice and earned a Master of Arts from Michigan State University. She is the current Chair of the Governor's Council on Fitness and is on board of directors for many health and community organizations. Peaches has a proven track record of designing, developing and operating health and fitness programs and spas in a wide variety of both corporate and private environments. Her hands-on approach keeps her involved, aware, and in touch with the latest trends in the health and beauty industry. A born entrepreneur, Peaches started her first business at the age of 10. By 26, she designed, created and managed the first wellness center for Steelcase Corporation. Peaches is very involved in the community, was widowed in 2006 and has raised five exceptional children. She believes strongly in stewardship and resonates that belief through her family and her professional family.

### **Natalie Bauss and Ron Webb**

In 1987, Natalie Bauss was selling cosmetics for Nordstrom when a 5.9 magnitude earthquake shook the city. She expected to find a mess when she stepped into the stockroom later that day but what she discovered was far worse: the "high-end" products had eaten through the carpeting exposing the concrete subfloor beneath. She couldn't imagine what these products could do to skin. In her quest for answers, Natalie became a Certified Aesthetician. She then applied her knowledge to start up several investor and physician-led spas. These experiences were the first steps toward founding a company committed to sourcing only the finest food grade, organic ingredients. In 2012, Natalie met Ron Webb, a rocket scientist, who shared her passion for skin care. In fact, he was in the process of starting his own skin care company focused on advanced botanical technologies. The two moved to Michigan, combined their knowledge and experience and formed a line of skin care products like no other. KPS Essentials was born.

### **Valerie Porter**

Val has been living on Mackinac Island for more than four decades and grew up in near by in Cheboygan where she and her husband, Phil, currently reside in the winter. Both Val and Phil have deep ties to the island, are well versed in its history and are deeply involved in the community. Val is the mother of 5 children and 7 grandchildren all of which spend as much time on the island as possible. Val's love of Mackinac Island is contagious as is her warm and endearing personality. She will share stories of living local, history of the island and answer question about life on "on the rock" as locals call it.

