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My Experience at Camp Reveille

I want to share an amazing experience I had last weekend. Joan Lunden, former host of Good Morning America, runs a four day summer camp for women in Maine called Camp Reveille. Camp Reveille (www.campreveille.com) is an extremely unique camp experience for women where activities range from jewelry making and ceramics to water skiing and zumba, depending on your personal interests.

Many women tackled the climbing wall while others decompressed from their everyday busy lives. Another wonderful and special part of the Reveille experience is a 90 minute Lifebreath session, which helped encourage us to relax, breathe and connect with ourselves. I had the privilege of providing several nutrition workshops and individual consulting sessions for many inspiring women campers.

Our first night at camp was spent enjoying a camp fire in the Indian Council Ring. Everyone was encouraged to unload their "baggage" into the fire while listening to inspirational music by Inanna. S'mores on the beach were available to make our camp experience even more complete. The second night was all about chicks and their flicks. Many women enjoyed watching the new release Julie and Julia, which Joan introduced with an amusing segment of her interviewing Julia Childs on Good Morning America. Our last night at camp was focused on dancing. We learned the Reveille slide and how to dance the tango and salsa. I think everyone had a blast, myself included!

One of the goals of the four day camp experience was to challenge yourself to do something you would not ordinarily do. I challenged myself to shut off my computer for four whole days and participate in a 90 minute meditation session. I succeeded and as a result I am relaxed, rejuvenated and ready to take on more challenges and changes in my life!

As you read this blog, I invite you to challenge yourselves to make a change in your life, big or small! My last comment about camp is the view of the lake from the yoga studio and dining hall was quite beautiful and tranquil.

Please feel free to contact me at info@personalwebnutrition.com for any additional information or questions.