



Monday, August 20

SELF EXPRESSION

1:30 — 2:45 pm

Guest Speaker, Cecily Schmidt

The girls will have the opportunity to discuss and reflect on the qualities that make them each unique. They will be guided through a short yoga practice and then write poems that express these unique characteristics that make them who they are. We will close by sharing parts or all of our poems with each other.



Tuesday, August 21

SELF IMAGE

10:30 am — 11:30 am

Guest Yoga Instructor, Aly Long

“Seeing Ourselves Through the Eyes of Love” — We will practice asana, breath and meditation to focus on how we see ourselves. The practice will focus on loving ourselves right where we are in this moment and in every moment. Practice will include some partner and group poses.



1:30 — 2:45 pm

Guest Speaker, Elizabeth Swanson

“Body Image” — From my experience and as the mother of two girls, body image is an important topic to me. It’s impact on girls’ identity and confidence can’t be underestimated. I will talk about body image and the relationship we have with how our bodies look and how we feel others perceive us. We’ll also make an art project using self pictures and strong words of identity and confidence.



Wednesday, August 22

SELF RESPONSIBILITY

1:30 — 2:45 pm

Guest Speaker, Emily McMason

“Living in a Social Media World” — It can be a great way to connect. It can also disconnect us from what’s important. We’ll talk about some cool research—the bathing suit test and the kitchen table test. We’ll look at some not-so-little laws—how old do you actually have to be to have a Snapchat account? We’ll dive into brain-behavior—what happens inside your head when your device buzzes at you? And talk about how to decide what to share on social media and with whom.



Thursday, August 23

SELF EMPOWERMENT

10:30 — 11:30 am

Guest Yoga Teacher, Kelli Mae Willis

“Powerful Partnership” — We find our strength when we lift each other up. We will use the principles of partner yoga, circus, and acrobatics to embody the power of community. Participants will learn to find body shapes strong enough to hold the weight of a partner, while developing trust and courage to allow themselves to be supported. We will go upside down, laugh a lot, and hopefully everyone will experience something brand new!



1:30 — 2:45 pm

Guest Speaker, Kimberly Mueller

“The Power of Being a Female Engineer” — Sometimes it isn’t easy to feel like yourself when you are surrounded by people who seem different. I will talk about being a female engineer in a male dominated field. I will share a bit about what engineers do and will then focus on why staying true to yourself creates more fulfilling experiences at work. We will also do a fun engineering type activity.



Friday, August 24

SELF CARE

1:15 — 2:30 pm

Guest Speaker, Jennifer Johnson

“Get Out of My Hair, Toxins in Personal Care” — Teens are a primary target for sale of personal care products – yet some ingredients used to make cosmetics, lotion, deodorant, shampoo, and hair dye have been linked to cancer and may cause reproductive and environmental harm. We will discuss toxins in personal care products and alternatives teens can choose to protect themselves. We’ll learn about health concerns, how to read labels, helpful websites, and safer alternatives. The girls will make an all-natural lip balm to take home, to remind them they can keep looking and smelling good without toxic products!

