



RUSTIC ROOTS RETREAT FOR WOMEN June 2-4, 2017

Start a new season in your life at the 1850 Cooksville Farmhouse Inn in Cooksville, WI. - located between Janesville and Madison. A weekend of rustic charm enjoying the countryside while embarking on a discovery of ourselves! You will be surrounded by rolling farmland and 10 acres of restored prairie with a chance to learn new skills in cooking, crafting and self-discovery! All in the company of wonderful women - bring your current friends and make new ones!

WHAT'S IN STORE FOR THE WEEKEND?

Participants have the option of spending the weekend at the farmhouse beginning on Friday, June 2 at 3:00PM. The weekend check-out time is Sunday, June 4th at 11:00AM. The 10-room house sleeps 11 guests and has three bathrooms. A second option is to join us Saturday for various

planned events during the day including a jewelry making class or a Barn Quilt class, box lunch, Self-discovery session, and other events to be announced.



FULL WEEKEND COST:

\$140.00. Please contact us to reserve the type of room you would like. If you bring along some friends you might want to take one whole bedroom!

****SPECIAL SATURDAY EVENT COSTS:**

Barn Quilt \$35.00 . A 16" X 15" wood project suitable for indoor or outdoor use! Taught by Quilt expert Sandi Walton. She will have a variety of designs or bring your own.

Jewelry Project \$25.00 Create an individual jewelry piece based upon the rustic roots theme of the weekend! Demetra Saloutos, local metalsmith will lead the class. While her class is going on in the barn, she will have a welder at her Blacksmith shop demonstrating garden art welding.

Saturday Box Lunch \$10.00 for anyone coming to just spend the day. Eat in the barn, or out on the prairie.

SATURDAY MORNING SESSION OPEN TO EVERYONE FREE OF CHARGE!

We will examine our roots and our routes. Explore where you have come from, what values are unique to you and where they are leading you!

Taught by Susan Sellman, BeachBody Coach, who will be using a variety of interactive tools to generate thought and discussion. Hopefully we will end the session with a better idea of who we are, or who we want to become!

RSVP by MAY 15th, 2017

If you stay for the weekend— This is what is included in your cost:

Friday—Check-in as early as 3PM, receive welcome gift, dinner included, evening get acquainted session with S'more bar at the fire pit. "Bring your own wine sharing".

Saturday—Wholesome breakfast, Morning exercise options, Discovery session - "Explore Our Roots", lunch, **afternoon options of jewelry or wooden quilt, free time to relax/explore, Salmon dinner and beautiful Angel Food Cupcakes, evening activities.

Sunday—Morning tasty brunch, closing thoughts and activity, pack up and clean up, last chance to tour the historic community. Other food and beverages during the weekend: Fruit and herb spritzer, a variety of tea tasting, coffee varieties and water. Nutritious food offerings and old favorites re-worked! Our food guru cook is Tori Cavanaugh.

**Saturday afternoon activities are an additional cost.

The Cooksville Farmhouse Inn. **The 10-room farmhouse, originally built in the 1850's, is on the National Register of Historic Places along with most of the entire village.**

Cooksville is a small, rural community of 35 houses that has a rich history. It is surrounded by rolling farmland and located on the Badfish Creek. Much of the nearby land was once owned by famous statesman, Daniel Webster. The farmhouse is set on the edge of a lovely ten-acre restored prairie crisscrossed by paths for walks beside the spring-fed spring. Right down the road is the Historic Cooksville Store which is a MUST Visit!

Contact Connie Udell - SOL Fitness and Personal Training to reserve.
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