

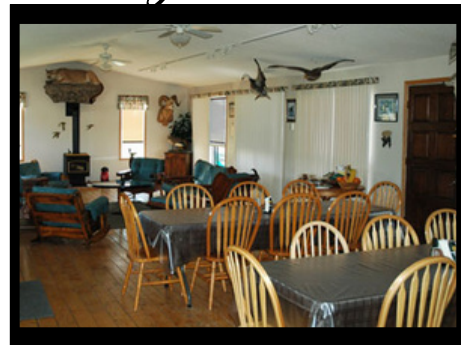
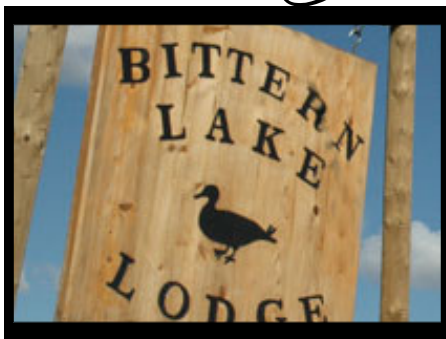


Welcome to Rebel Heart Retreats!

We are thrilled to have you join us for an upcoming weekend of adventure, creativity, and relaxation.

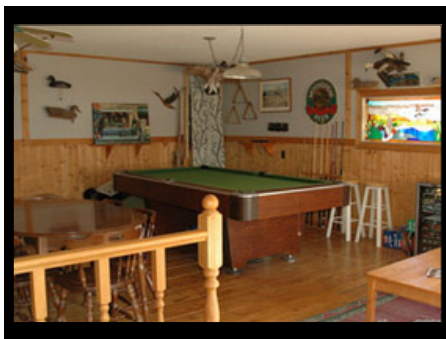
This packet includes important information to prepare you for the weekend's retreat.

*Bittern Lake Lodge*



The Bittern Lake area is mostly farmland, with numerous smaller lakes and ponds.

The great room will be our main hub where we can hang around the fireplace.



The games room has a pool table, air hockey, plus a fireplace with 2 couches for just kicking back.



Our sleeping building is designed solely for rest, free from radios, TVs, or distractions, providing a quiet space.

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# Directions.



Trust your GPS. It will get you  
where you need to be.

RR1  
Bittern Lake, Alberta  
Canada T0C 0L0

[Bittern Lake Lodge](#)

## RH-Packing-List.

Tools of the Trade, Current Projects, Future

Craft-Crap

Projects or

Projects you're stuck on.

A new craft you want to start.

Personal-and-Fun-Crap

Weather Appropriate Clothing, Toiletries,

Water Bottle, Fancy PJ's, Slippers, Chargers, Headphones,

Camera, Sunnies, Hiking Gear,

Board Games, Poisons of Choice, Housecoat,

Lawn Chairs and Rubber Boots

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# Itinerary



We embrace weekends that offer respite from the hustle and bustle, where the only expectation is to indulge in moments of tranquility and simplicity.

## FRI



5 PM

Check In

6 PM

Dinner

7 PM

Wellness Hour

8 PM

Pajama Party

## SAT



10.30 AM

Breakfast

11.00 AM

Optional Workshop

12.00 PM

Lunch

1.00 PM

Pretties Pop Up

4.00 PM

Happy Hour FO Parade

6.00 PM

Dinner

## SUN



11.00 AM

Brunch

1.00 PM

Departure



Please Note

Schedule is subject to change.

# Weekend Menu



Please Note

Menu subject to change

We do our best to manage all  
dietary restrictions

## Friday

Assorted vegetable platter, cheese platter, crackers,  
potato chips, cheezies,  
potato chip dips, hot meatballs with rice, pickles.

## Saturday

Breakfast will include: Cereal, toast, bagels, homemade  
muffins, homemade cinnamon buns, fresh fruit,  
milk, coffee, tea and juices.

Lunch will include: Homemade soup, build-your-own  
sandwiches, cheese platter, pickles, dessert.

# Weekend Menu



Please Note

Menu subject to change

We do our best to manage all  
dietary restrictions

## Saturday

Dinner will include: Roasted turkey, gravy, cranberry sauce, vegetables with cheese sauce, mashed or roasted potatoes, garden salad, homemade bread or rolls, and dessert

Late Night Snack will include: potato chips with dips, other muchies.

## Sunday

Breakfast will include: Scrambled eggs, French toast or Pancakes  
homemade hash browns, bacon, fresh fruit, cereal, milk,  
coffee, tea and juices.



# Workshops

## Wellness Hour Workshop

*Join Denna for a cozy, hands-on workshop where you'll turn vintage teacups into charming soy wax candles.*



*Experience the gentle magic of candle-making using eco-friendly, hand-poured soy wax blended with botanicals thoughtfully foraged from local landscapes.*

*Leave with a luminous keepsake, your very own handcrafted botanical candle, to light your space with purpose and remembrance long after the retreat ends.*

*You are welcome to bring a tea cup from home or use one of Deena's beautiful ones.*

### PLEASE NOTE

there is a requirement of 7 guests for this workshop to run.

there is a \$30.00 (BYOC) \$40.00 (w/o) investment for this workshop

# Workshops

## Tasseomancy Reading

*Discover something magical with Deena during Friday Night Wellness Hour!*



*Deena will be offering intuitive tea leaf readings — a soothing ritual steeped in tradition and symbolism.*

*Settle in with a warm cup, and let the patterns reveal gentle guidance, clarity, or simply a spark of curiosity.*

*The perfect way to kick off your weekend with warmth and wonder!*

### PLEASE NOTE

there is a \$30.00 investment for this service

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# Saturday Morning Workshop

## Colorwork, Sounds like a lot of work...

*Kick off your Saturday morning with a vibrant dive into the world of colourwork!*

*In this relaxed and welcoming class, Jess and Mama Char will guide you through the basics of combining colours and creating striking patterns in your knitting projects. Whether you're a total beginner or just looking to refresh your skills, you'll learn foundational techniques, get hands-on practice, and come away inspired to play with colour confidently.*

*Bring your curiosity—and your favorite yarns—and let's get creative!*



PLEASE NOTE

this workshop is free of charge (be nice to the girls!)

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How many guests will be attending?

*Our retreats cap at 20 guests, we have invited 10 bonus friends to hang with us on Saturday only.*

Can I access WiFi at the retreat?

*Yep, but you should try to disconnect.*

What does my craft space look like?

*Rest assured we've got you covered.*

What is the extra food and beverage situation?

*We will have a coffee station available throughout your stay. There is a lovely selection of Coffee, Herbal Teas & Juices to accompany your meals.*

*Your welcome to bring your own snacks and drinks as well.*

What if I need special accommodations?

*Reach out to us at [rebelheartretreats@gmail.com](mailto:rebelheartretreats@gmail.com) and can work together.*



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# Rebel Heart Retreat Partner



Jessica is an indie dyer from Edmonton. As a wife, mother of four, and nurse, she wears many hats. Her journey in fibre arts began with knitting, enjoying the colors, and textures of yarn.

She has created something truly unique with  
The Baa-realis Fibre Doodle Bar! This set features 36 colors, spanning the full rainbow plus neutrals. Curated for colorwork, it includes a variety of light and dark tones.



I feel like Jess and I have “grown up” together in this fiber world as we started around the same time. She is a bad ass babe with a really cool history, make sure you ask her about her time working with the UN when you see her in October.

[www.baarealisfibers.com](http://www.baarealisfibers.com)

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# Rebel Heart Retreat Partner



Janice with Country Girl Creations  
is a seamstress and mama from  
Didsbury who just recently took her  
craft full time.

I first met Janice at Olds PFF where  
her bags flew off the shelf. Lucky for  
me, and thanks to Mama Char I was  
able to take home a gorgeous one. I  
have been complimented on it so  
many times!



Creating bags in every quirky shape and size with materials that  
scream cuteness overload! Her craftsmanship is like a signature  
on each fabulous piece she conjures up.

She too has a cool history being a breeder of Persians Puppies,  
make sure you ask for photos in October.

[www.countrygirlcreations.com](http://www.countrygirlcreations.com)

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# Rebel Heart Retreat Partner



Martina, along with her husband is the creative force behind Treenuts Buttons.

Although their buttons are always hottest seller at the festivals they have many other unique and one of a kind items like jewelry and kitchen items.



Martina is a long time friend and a wonderful human being, another gal with a cool history. Martina grew up in Germany and moved to Canada with her family in her 30's

[www.treenutsbuttons.com](http://www.treenutsbuttons.com)

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# Rebel Heart Retreat Partner



Gog + Magog is an Edmonton based small business that began with a little dream back in 2022.

Deena participates in numerous festivals and showcases her treasures in various local stores throughout the province.



She take a lot of pride in making high quality and beautiful goodies that she hopes will make the world a greater and more bewitching place to be.

[www.gog&magog.com](http://www.gog&magog.com)

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