

Welcome to the Equinox Soulstival + What You Need to Know
Sept 21-22, 2024



This Soulstival is bringing together heart-centred, solutions-oriented community builders to co-create and facilitate opportunities for sharing, healing and growth. The hope is to empower individuals to live a thriving, authentic and sustainable life that is rooted in community so that we may create a shared culture of care, genuine connection and creativity.

Our intention is to have events throughout the year and look forward to celebrating the changing of the seasons with you!

The Details:

Location: Souls Path Retreat Centre
[2685 Shirley Rd, Blackstock, ON L0B 1B0](https://www.souls-path.com/)

Gates Open: 9am on Saturday, September 21, 2024 - (*Opening Ceremony at 11am*)

Parking: You will be directed by volunteers at the front Gate when you arrive and are encouraged to carpool, if possible.

There is a WhatsApp Carpool chat group where others looking for or offering independent carpooling options can coordinate here:

<https://chat.whatsapp.com/KK1HEuQdRNm5UyAixa6NS3>

(Please note: Souls Path Retreats takes no responsibility for arrangements made through this chat. Private agreements made through the WhatsApp chat are the personal responsibility of those choosing to use it.)

Food: Bring your own or purchase from vendors (please bring cash). Meat and Veggie options.

Community Kitchen: There will be an outdoor kitchen equipped with a BBQ, prep station and dish wash station for you to use. It is your responsibility to bring all ingredients and condiments for your meals; vendors will be happy to serve you if you prefer food prepared for you. Please be reminded that food is not included with your entry ticket.

Bathroom Facility: Bring your toiletries and towel. There is a unisex bathroom with separate stalls and a shower; please be respectful of others waiting by keeping your shower time limited as lineups often begin once the door is closed.

Garbage: Bins will be located at each camp to prevent littering on the land and we ask you to try to minimize the amount of plastic, paper and bottles brought.

Pets: Sorry, NO PETS are allowed for the safety and respect of all attending. Exceptions are Only for trained and certified, support animals.

*Let us know prior to your arrival if this is the case.

Gates Close: 6pm on Sunday, September 22nd, 2024 - (Closing Ceremony at 4pm)

Things to Bring To Have a Safe & Uplifting Time:

- Cash for food and vendors
- Tent and sleeping gear, as needed
- Your own water bottle, dishes, cup and cutlery
- Snacks and food (if not purchasing from vendors)
- Pack clothes for warm and cool weather so you're fully prepared for the elements! **Layering works best as it cools down in the evening.**
- Dress up clothes if you'd like to take part in the silly dance party
- Drum or any Musical Instruments
- A bathing suit & towel. There will be a cold plunge and hot tub optional activities (sign-up required)
- A flashlight is helpful for navigating the darkness.

- Bug solution: they are much less this time of year but it's good to be prepared with bug spray or nets. Wearing long, light-coloured clothing may help their presence be less noticeable.
- **Saturday night is 'Glow Up Night' so bring things that glow if you'd like to have some fun glowing in the dark with friends!**

You Should Know...

- We are committed to creating a safe, clean container for transformation. Please be mindful this is a preferably substance-free event and aggressive, hostile, or belligerent behaviour will not be tolerated. Violations of this basic request will be addressed by notice followed by potential removal which none of us want; please be self-responsible and considerate of all.
- This is a family-friendly event and kids will be in attendance. Please be mindful that little (and big) eyes are looking up to you as a role model.
- In keeping with a family friendly event, quiet time commences at 11pm
- The Vibe Lounge will be offering emotional support throughout the event.
- This is a transformative event, and things may get stirred up. Know that is perfectly OK and we will have coaches and healing support at Camp Consciousness for anyone seeking help with integration and well-being.
- This event will be filmed and recorded for promotional purposes. If you do not wish to be filmed it is your responsibility to let us know ahead of time.

Got a question?

Respond back to this email hubforhumankind@soulspath.ca or call/text 905-452-2012

Follow us on Instagram for real-time updates!

@soulspathretreats