



# Frequently Asked Questions

## Is this camp outdoors?

No, Camp Atta Girl! is an indoor retreat. But sometimes, if the weather is nice, we may go outside for fun. Being outside is so important to joy and happiness, so if the weather is nice, we may do a little music, dancing and activities outside. But much of the camp is indoors. We call this a camp because we like to make this campy and fun and an adventure for your soul! (P.S. We'll never make you do a ropes course... we're not that kind of girl, um, camp.)

## Is this camp physical?

Not in the physical sense you may normally think. A big part of Camp Atta Girl! is music, movement and dance. Most of the day will be experiential, learning tools to help you thrive. But we connect the tools to movement and movement, filling it with joy. The good news? You do only what you're comfortable with. You do YOU! If you don't want to dance and move, you don't need to. Or, if you want, you can dance in a chair.

## When and where is Camp Atta Girl! Held?

We hold 3-4 Camp Atta Girl!s a year, each held in different cities, with its homebase in Dripping Springs, Texas, just outside Austin. We also do virtual camps at times, too. Camp Atta Girl! is a one-day retreat. Once or twice a year, we hold Camp Atta Girl! Reignite!, an overnight campy and fun retreat. Dates for our camps are released via our newsletter first. Sign up for our newsletter at [campattagirl.com](http://campattagirl.com) to learn when and where the camps are held.

## What do you mean by Let Your Yoga Dance?

Let Your Yoga Dance is a joy-filled dance combining yoga, the breath, and user-friendly dance/movement with fabulous music from all around the world. It is a funky, inspirational dance of the multi-dimensional self, bringing tons of fun and healing to body, mind, spirit. It takes you through the chakras/energy centers of your body, bringing healings, joy and happiness to your soul every dance step of the way!

## I've never done yoga, will I be able to do this?

Yes. This isn't yoga, this is Let Your Yoga Dance! And the best part of Let Your Yoga Dance is the word "your." Everyone can do this. There's no right or wrong way. Any level of physical ability can do this. If you have physical limitations, you can still dance from a chair. ANY body can do it. Read Camp Atta Girl!'s founder's story. If she can do it, any body can do it!



## I'm concerned about feeling awkward!?

You're not alone. Many introverts find their way to Camp Atta Girl! and get a little wary of "putting themselves out there." If that's you, know this is a safe place that embraces every woman. If you don't want to join the music, you don't have to. This is about YOU DOING YOU! And check out this testimonial... "This is something even an introvert will love." If you're hesitating because of the music and movement, think about stepping out of your comfort zone - we guarantee it will be a day of joy for you! And check out more of our testimonials if you're still unsure. You can find them at [campattagirl.com/testimonials](http://campattagirl.com/testimonials).



By the way... the founder of Camp Atta Girl! is the queen of introverts. She will tell you the thought of doing anything with strangers can be terrifying. But her goal is to make you feel comfortable. There's no judgment, no need to be like anyone else. The entire focus of this is the help you be comfortable with who you are. You do you and we will embrace you. No worrying about weight. No worrying about age. No worrying about whether you are a dancer or not. (BTW, we're all dancers!)

## What should I wear?

Wear what you would to camp. It's casual and comfortable. Wear shoes you can move in. Or you can take off your shoes for the times we move.

## Do I need to bring anything?

Just an open mind and a playful heart.

## Do people come alone or with other women?

This is one of the questions we get the most often. The answer is both! Some will come on their own, some may come with friends, a sister, a mom, a daughter. All are welcome and will feel at home. Every single woman who has come on their own has said afterwards it was one of the best things they ever did for themselves.

## Who is this retreat for?

This is for every woman. Whether you work in an office or work at home (actually every woman works all the time and everywhere, so this is silly to say), no matter what your age, no matter what your shape, no matter where you are in your stage of life, this is for you. If you're going through a transition, it will give you tools to help find your strength and courage. If you're already happy, it will give you tools to be happier and find more joy.

## What age are the women who attend?

Camp Atta Girl! is for women ages 21-101. Most women are between the ages of 45-65, but women in their 20s and 30s will love it, as well as women in their 70s and beyond!

## How many women attend?

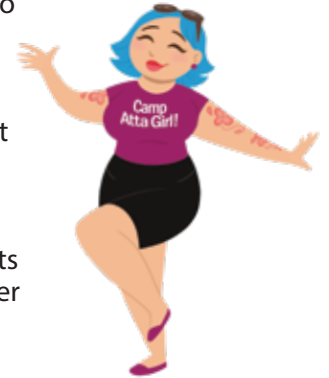
We never know how many women will attend any Camp. Our 1-day Camp Atta Girl! retreats usually have between 35-50 women. Attendance is based on capacity of the venue. Register early, to ensure you have a spot!

## I can't stay the entire time. Is that okay?

The entire event builds upon each hour up to the final hour. We would hate for you to miss that. If you cannot be there the entire time, we suggest you wait and register for the next one so you can be there the entire time.

## Is this a religious retreat?

No, this is not affiliated with any religion. We believe living a spiritual life is one of the keys to happiness, but our definition of spiritual is leading a meaningful life filled with gratitude and love, and mindfully savoring the present. We will tap into your spiritual side through music and tools, helping you connect to that wonderful inner spirit, and we'll tap into the mind-body connection. Sometimes Camp Atta Girl! is held at nature retreat centers. Sometimes we hold it at church or temple gathering facilities. We welcome women from all identities and religions: Christianity, Judaism, Hinduism, Buddhism, Islam, Confucianism, Taoism, and more. We cannot emphasize this enough: Camp Atta Girl! is for everyone. It's not the location that brings the power of Camp Atta Girl!... it's the content and the women attending, from all backgrounds, but all like-hearted.



## Is this free from politics?

YES! We've all had enough of politics and opinions. This is a politics-free zone.

## What is your COVID policy?

We will be practicing current recommended CDC safety protocols during the retreat. The safety of all is our top priority. Each woman attending will need to sign a waiver regarding COVID. If you'd like a copy of that waiver before registering, reach out to us at [info@campattagirl.com](mailto:info@campattagirl.com).

## There's science behind happiness?

Yep! The science of happiness is the research and study of the strengths that help people thrive. The field is positive psychology and is founded on the belief that people want to lead meaningful and fulfilling lives, to grow what is best within themselves, and to enhance their experiences of love, work, and play. It's a focus on what's working, not fixing what isn't. This research is being done at Harvard, Yale and other institutions around the world and there are science-proven ways to increase your happiness. Camp Atta Girl focuses on the tools of this science that relate to your power, your voice, your self-love and your joy... then uniquely connects it with those chakras, through the tools. We like to say it's a combination of science and woo-woo. We love and embrace both!

**We update these FAQs often. If you have a question not answered, please reach out to us at [info@campattagirl.com](mailto:info@campattagirl.com).**