

Camp Atta Girl!®

Frequently Asked Questions about our Overnight Camps!

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 most 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 days 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 2-3 Camp Atta Girl!s a year, each held in different cities, with its homebase in Dripping Springs, Texas, just outside Austin. Our 3-Day Fall Retreat is almost always in the Berkshires, at Eisner Retreat Center.

What do you mean by 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 it 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.
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?

The registration is all-inclusive. Accommodations and all meals are included! We even provide linens and towels. Some women bring their own pillow, but not necessary. All beds are twins. Other than that, just an open mind and an adventurous heart. We'll send a Camp Packing List a few weeks before the retreat, but really, the only thing you need to bring is your smile!

Do people come alone or with other women?

This is one 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. Usually it's around 60% coming on their own, and 40% with friends, but it depends on the Camp.

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), whether you are retired, a stay-at-home mom, 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?
Another question we get asked a lot! Camp Atta Girl! is for women ages 21-101. Most women are between the ages of 40-65, but women in their 20s and 30s will love it and have attended, as well as women in their 70s and beyond! We've had women as young as 18 and as young as 86!

How many women attend?
We never know how many women will attend any Camp. Our overnight retreats have between 50-100. Attendance is based on capacity of the venue. Register early, to ensure you have a spot!

Is there swimming, archery, and other camp-type activities?
No, it's not that kind of camp. This is a retreat held at a beautiful camp retreat center. We do have a campfire, we do walk in nature, but there are no camp-like activities that you might find in a summer camp.

Who are the speakers? Do you have a list of speakers?
This is not a typical women's conference with a keynote and breakout sessions of different speakers. This is taught by "camp counselors." Lisa Sullivan, the founder of Camp Atta Girl!, shares tools of happiness and positive psychology throughout the weekend. She combines this with music and movement and fun and also through the connection of the women attending. It's not a lecture for three days. It's connecting, having fun, sharing stories with each other, supporting women, learning and using ideas and information that can help you in life long after the retreat. Lisa will be the main counselor, with other counselors leading the dancing and more, too!

What are the accommodations like?
While we call it Camp Atta Girl!, it's between a camp and a retreat. We hold it at Camp Eisner, which is a summer camp during the summer and then a retreat center the rest of the year. It's not tents, but it isn't the Marriott either. Each woman will have a comfy bed, in climate controlled buildings. Some rooms have 2 to a room, some have 3, some have 5. Most rooms include two twins and a bunk bed, but we only put women on the bottom bunk. Some have private baths but most are shared baths. Baths are first come, first served. Please see the schematic of the rooms available on our website for more information.

What about meals?
We provide all meals and some snacks. Coffee and tea are available 24-hours. You are more than welcome to bring your own snacks, too. However, no alcohol is allowed at Eisner. Like the accommodations, this is not a 5-star restaurant, it is the type of food you might find at a campground and quite good. We offer regular, vegetarian and gluten-free options. But any very restictive diets, you would need to bring your own food. The cost of the camp remains the same, whether you need to bring your own food or not. 99% of the women with food concerns manage fine with the food at Eisner.

When does the retreat start and stop?
It starts at 12:00 on Friday and ends at noon on Sunday.

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.

Can I get a private room?
Unfortunately, we do not have single rooms. If you wanted a single room, we would need to charge you additional for the single room, as we are not able to offer that space for another woman.

Do you offer scholarships or financial Aid?
We don't have financial aid. We wish we had financial aid, but we're a small woman-owned company, so financial aid is not available. Sometimes women need to cancel and they donate their registration fees to help others, but we don't usually know about them until a week before the retreat.

I have a C-PAP machine? Is that okay?
Yes! We often have campers who use one. We try to put the women in the same room, but we also provide ear plugs, as well and many women bring them. This retreat is about understanding every woman's needs are different and we try to accommodate all and make everyone feel comfortable. The great thing is, the women who attend are also kind and understanding. If there is no nighstand in your room to put the machine on, we can provide a chair.

Do you offer payment plans?
Absolutely! When you register, depending on the time that you register, we offer 2 or 4-payment plans. But as we get closer to the event, you will need to pay the full registration.

How do I pay?
We take credit cards or Paypal.

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. However, this is a safe place for women to express concerns or stress or fear over what is happening in the world. This retreat is about empowering women, so of course with what is happening in the world, there may be an emphasis on how to deal with the anxst. If you have any concerns, please reach out to us! And in all honesty, if you like what is happening in the US right now politically, this might not be the best retreat for you.

What is your COVID policy?
We recommend each woman be vaccinated, but it is not a requirement. Each woman attending will need to sign a waiver regarding health and a general liability waiver. If you'd like a copy of that waiver before registering, reach out to us at 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 them with those chakras through music and dancing - fun dancing that EVERYONE can do and everyone loves. We like to say it's a combination of science and woo-woo. We love and embrace both! We combine learning with joy, that helps you in life long after the retreat, and that also creates the most wonderful memories and friendships!

Other Questions?
If you have additional questions, please reach out to us at info@campattagirl.com.