



Frequently Asked Questions about our Retreats!

Is this camp outdoors?

No, Camp Atta Girl! is an indoor retreat.

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. We take you through the chakras via music and joy. 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.

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."

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

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!

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. Lisa Sullivan, the founder of Camp Atta Girl!, shares tools of happiness and combines this with music and movement and fun and also through the connection of the women attending. 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.

I can't stay the entire day. 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.

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.

Is this a religious retreat?

No. Camp Atta Girl! is not affiliated with any religion, and there is no religious teaching or doctrine. We do believe there's something pretty wonderful about connecting with your spiritual side. For us, that can simply mean living with more meaning, gratitude, love, joy, and awareness of the present moment. And yes, Camp Atta Girl! is a little woo-woo. We may talk about energy, intuition, listening to your inner wisdom (and maybe even your guides!), and the mind-body-spirit connection. We'll explore it all through music, movement, reflection, conversation, and play. You don't have to believe in any particular thing to belong here. Come with your own faith, your own beliefs, your own questions, or none at all. Camp Atta Girl! is for every woman. You are welcome here exactly as you are.

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 anxiety. If you have any concerns, please reach out to us!

Other Questions?

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