

# I Am Festival Welcome Pack 2021



## **Welcome Pack: I AM Festival 2021**

We are SO excited to welcome you to this year's I Am Restiful at Ignite Retreats!

The I Am Restiful celebrates people, community, wellness, and synergies of all kinds, all under the umbrella of love. This year we invite you to enjoy an incredible weekend of presenters in various fields exploring the mind, body and soul.

From the bottom of our hearts, we want to welcome you here and look forward to connecting with you during the weekend! Thank you for showing up and being part of this magical event.

Below, please use this guide to help you prepare for your experience at I Am Festival 2021.

Love,

Maurice Thibodeau, Chair and  
Tracy Thibodeau, Co-Chair  
and the entire I AM Crew.



**I Am.**  
FESTIVAL

## LOCATION AND DIRECTIONS

<http://iamfestival.net/where-is-i-am/>

The Festival is held on a private acreage called Ignite Retreats, in the middle of the prairies, located just outside of Teulon approximately 30 minutes from Winnipeg's north perimeter. To get to the festival take highway 7 North (route90) towards Teulon.

*(note - there is substantial construction on highway 7 - you may want to go north on highway 8 and west on highway 67, and then north on 7 to avoid the construction)*

Just before you arrive in Teulon, turn left/west on highway 415 (at the Fryday's Restaurant). Then travel approximately 10 minutes on highway 415 until you arrive at Road 3E, where you will take a left/South on the gravel road. You arrive at Ignite Retreats in 1.5 miles; the lane is on the right-hand side (west side) and has the marker **91078**. Look for the sign at the lane.

All vehicles will drive right up the lane to the Welcome booth. You will be greeted by a volunteer to support you in parking.

## FESTIVAL PARKING

There is plenty of parking. Parking is free. Please watch for rocks and bumps as you drive to your parking spot. The volunteer at the Welcome booth will direct you to parking.

## RV/Camping Unit Parking

If you reserved a camper pass, you will be escorted to the festival grounds where you will park your camping unit. It will remain there until Sunday when you can find a volunteer to request an escort out of the camping grounds. There are no in/out privileges for camping units on the festival grounds.

Road Greeters will direct you along the way.



## **THE SCHEDULE**

You may want to bring your schedule with you by taking a screenshot on your device. We encourage paperless as much as possible.

The full Festival schedule can be found at: [YOUR SCHEDULE](#) .

## **THE SITE: “Best outdoor venue in Manitoba”**

We are incredibly excited for you to experience the magic that has been created within the I Am Festival grounds.

The heart, sweat, and creative souls that have poured their energy into the site is remarkably raw and authentic. You can't help but to feel it, it embraces you like a warm hug of absolute acceptance.

Read all about the Festival Grounds here:

<http://iamfestival.net/festival-grounds/>

## **VENDOR VILLAGE**

There is no vendor village on site, however, the Rejuvenation lounge will house service providers whom also have their wares for sale. Bring cash to support them with their beautiful goodies! There will not be an ATM on site for you. The nearest cash machines are in the town of Teulon (approximately 10-minute drive away). Please know that there will be no Wi-Fi available on site and cell reception is limited, as we are unplugging to connect with nature this weekend!

## **REJUVENATION LOUNGE**

This year the newly added Restiful Rejuvenation Lounge will be a main space for people to experience rejuvenation. Upon arrival, wander through the lounge and sign up for any appointments that will support your experience. Note that



## CAMPING

### Arrival & Gear:

When you arrive at the Festival, you will park and then visit the welcome booth to register and get your wristband. Directly beside the registration booth, is the **camping bag drop zone**. Carry your camping gear to the **drop-zone** where a shuttle will be making trips to transport your camping gear to the central drop-off point at the Festival grounds. You will then continue your I Am journey as you take the 5-10-minute walk to the festival site, where you will choose your camping location, pick-up your camping gear from the festival drop-zone, and get set up for the weekend! We will have a cart this year to assist campers with hauling items within the festival grounds. Use of this service is prioritized by ability and distance so if the golf cart isn't available and you are able, please walk your items to your location.

**Camp Site Selection:** the camping areas are “community camping” which means they are meant for groups and are not pre-assigned. Please welcome your fellow campers by being respectful and inviting.

**Exit:** At the end of the weekend we will have transport shuttles starting on Sunday at 9:00 am every hour to transport your camping gear back to the parking area. Bring your camping gear to the festival bag drop-off and it will be shuttled to the same drop-off zone you used upon arrival. If you plan to leave earlier than Sunday, please inform the bag drop zone or headquarters on the Festival Grounds and we will try our best to accommodate you.

### LEAVING THE GROUNDS

When you leave the Festival you want to turn Left at the gravel road to get to Highway 415 and Right to get back to Highway 7.

### WISDOM NATURE WALKS & BIRD SANCTUARY

There will be nature trail walks available during the weekend and wisdom boxes placed throughout the Festival grounds. You are encouraged to take a self-guided walk at any time during the weekend and contemplate some of the words of wisdom that are found in each box along the way. Look for the signs to lead you onto the trails.

Along the North side of the festival grounds, tucked away, you may stumble across



another gift. A bird sanctuary, inspired and build by the beautiful and talented Kiah.

## **WAIVER**

Upon entry into the Festival, you will be directed to sign a waiver release form if you have not already done so. To speed up time at check in, feel free to fill out the waiver online - it can be found in the Downloads page. You do not need to print it off.

[Downloads](#)

## **ABOUT COVID and PUBLIC HEALTH**

Public health orders allow for outdoor gatherings of up to 500. In this category there are no vaccination or mask requirements - so yes, we are allowed to gather.

We will not be asking for a vaccination card or for vaccination status. We welcome the community who wants to gather, to connect and to raise the vibration in a time that needs that unity the most. We do want to make sure everyone feels comfortable and are asking the community to respect the unique needs and perspectives of everyone in the community. Please make sure people you do your best to provide adequate physical and emotional space for each other to feel safe and considered.

If you feel most comfortable wearing a mask, come wearing a mask. If you prefer not to wear a mask, one is not required. It's most important that we meet people wherever they are at and respect the personal choices they make that make them feel most comfortable. #SpreadLove



## GUIDELINES FOR THE WEEKEND

1. Pack Out what you Pack In - with sustainability in mind, leave no trace and bring all your things out with you. A packing list can be found [here](#).
2. Please stay in the designated Festival grounds while attending the Festival.
3. Your cell phone will most likely not work as we are in nature!
4. Take pictures and share them after the weekend! #iam2021
5. Water is available to refill your bottles
6. Centre Camp will play host to the community campfire on Friday and Saturday night after the day's sessions and concerts
7. Plan to bring Coleman stoves for cooking. We encourage you to bring additional food to make sure your needs and preferences are fulfilled.
8. There are porta potties available on the Festival grounds, we trust you know what to do. Please tell a volunteer of any TP shortages or cleaning needed.
9. Please keep noise down after 11:00 pm and respect the area that we share.
10. There is one main Fire pit at Centre Camp Fire that will be on every night. This is designed to bring people together and minimize any Fire risk
11. We are not serving or selling alcohol on site.
12. Great things to bring that maybe you didn't think of:
  - Head lamp or flashlight
  - Sheet to use to get a massage
  - Towel for the sauna
  - Hammock's
  - Chairs
  - Blankets to cuddle by the fire
  - see more at the [FAQs](#) page

## **VIDEO AND PHOTO RECORDING NOTICE**

Smile – you may be on camera. People are using video and photographic cameras at the event and your image may be captured on video or in photographs, which may subsequently be displayed or disseminated. By attending, you release I Am Events Inc. from any legal liability for such filming, photographing or dissemination.

Other than for personal use, images, film or video obtained at the event may not be used without the prior written permission of I Am Festival.

## **SPONSORS- Thank You**

The I Am Festival will continue to grow and thrive because of the belief and support we receive from our sponsors. We thank them from the bottom of our hearts:

[Firewood Manitoba](#)

Vidir

Sunova Credit Union

All the donations and support  
of our I Am community

