

# I Am Festival Welcome Pack 2022



## Welcome Pack: I AM Festival 2022

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 2022.

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 35 minutes from Winnipeg's north perimeter. To get to the festival take highway 7 North (route90) towards Teulon.

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 be directed by signage and volunteers to the appropriate parking spot upon arrival.

## FESTIVAL PARKING

There is plenty of parking and parking is free. Please watch for rocks and bumps as you drive to your parking spot. Signage and volunteers will direct you to parking.

Note: There are some adjustments to parking to accommodate mother nature's wet year. Please pay attention to signage and volunteer instruction so as not to end up stuck in a puddle.

## RV/Camping Unit Parking

If you reserved a pass for a camping unit, you will drive right to the Welcome booth and then 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**

Back again, the newly added Restful Rejuvenation Lounge will be a main space for people to experience rejuvenation. As part of your weekend pass you receive three tokens that give you access to one on one or group services in the Rejuvenation Lounge. Upon arrival, wander through the lounge and sign up for any appointments that will support your experience. Note that the Movement Master's Playground and the Soul Song Sanctuary are open to all and do not require a token. Watch for signage. Day passes do not include programming in the Rejuvenation Lounge. Review the list of



options in the Rejuvenation Lounge ahead of time to have a sense of your top choices,

## CAMPING

### Arrival & Gear:

When you arrive at the Festival, you will be directed to parking and then visit the welcome booth to register and get your wristband. Your name is on the registration list, so there is no need to print your ticket registration, however, if you have given your ticket to someone else, please let us know - (we like paperless!)

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 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 10:00 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 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.



## **PACK IN PACK OUT**

Ignite Retreats (the host property) asks that all guests take what they brought with them - including all equipment and garbage. We are proud to partner with Garbage Gang this year who will be doing a measure of the environmental impact that we have as a community. We are working to keep things out of the landfill and to further develop habits of sustainability! Yay for the Planet!

## **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.

## **FOOD**

A food vendor will be onsite. The menu will be posted and you can decide if you want to bring your own. We do encourage you to bring some food for yourself but bring cash for the food vendor.

BRING YOUR OWN PLATE/CUTLERY - Ignite Retreats is working hard to ensure that the festival communities that gather are not contributing extra trash to the planet. The preference is for re-usable. A wash station is on site to support sustainability.

## **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](#)



## 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 including your own garbage. A packing list can be found [here](#).
2. Please stay in the designated Festival grounds while attending the Festival. We are now blessed with Bison directly north of the Festival grounds, DO NOT APPROACH! DO NOT TOUCH THE FENCE OR CROSS BEYOND!
3. Your cell phone will most likely not work as we are in nature!
4. Take pictures and share them after the weekend! #IAm2022
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. We'll have delicious food onsite provided by a food vendor, so watch for the menu to see how your unique needs and preferences are fulfilled.
8. 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, campsites do not have fires. Consider bringing a Coleman-like camp stove for cooking.
9. Alcohol and Substance use: We are not serving or selling alcohol on site. While some campers choose to bring and indulge in an occasional beverage at their campsites, we ask that you use discretion in indulgence. The weekend is designed to offer a safe and transformative space and public intoxication and consumption is not endorsed.
10. Great things to bring that maybe you didn't think of:
  - Head lamp or flashlight
  - Sheet to use to get a massage
  - Hammock
  - Lawn Chair
  - Plate/Utensils/Mug
  - Bugspray, Sunscreen and clothes for any weather - this is Manitoba!
  - a tarp for under the tent/yoga mat as the grounds are wetter than usual
  - Solid shoes/Muck shoes in case of rain
  - Blindfold for the Yoga Session



- 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 has grown 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

Winnipeg Healing Connection

All the donations and support of our I Am community

