

LUMA  GIRLS

# TROOP LEADER GUIDE

YOUR TROOP ENRICHMENT PARTNER

*Book today!*

To reserve an unforgettable  
Troop experience at  
LUMA GIRLS, head to:  
[www.lumagirls.com/girlscouts](http://www.lumagirls.com/girlscouts)

LUMA  GIRLS  
SISTERHOOD | WELLNESS | MAGIC

---

518.250.9028 | [www.LUMAGIRLS.com](http://www.LUMAGIRLS.com) | [hello@lumagirls.com](mailto:hello@lumagirls.com)  
590 Giffords Church Road, Rotterdam, NY 12306  
@LUMAGIRLS @LUMAGIRLSofficial

# TROOP LEADER GUIDE

LUMA GIRLS - YOUR TROOP ENRICHMENT PARTNER

## WELCOME TROOP LEADERS!

We see how much you do for your girls — and we also know that planning it all can sometimes feel like a lot. At LUMA GIRLS, we're here to make your troop's experience both unforgettable and stress-free. That's why we're proud to be your **Troop Enrichment Partner** — blending wellness, creativity, and confidence-building into every gathering. While LUMA Girls is especially designed for girls ages 8–14, we're **happy to create experiences for every level** — from Daisies to proud alumni.

## WHY LUMA GIRLS?

- **Stress-Free Troop Planning** — We handle the details.
- **Wellness + Creativity** — Mindfulness and magic woven into every gathering.
- **Girl Scouts Aligned** — Activities that build Courage, Confidence, and Character.
- **Safe + Inclusive** — Every girl feels valued, celebrated, and inspired.

## SIGNATURE TROOP EXPERIENCE

Choose from two LUMA GIRLS Signature Troop Experiences — each designed to spark wellness, sisterhood, and fun.

### THE GIRL SCOUT GETAWAY

The Girl Scout Getaway is a retreat-style experience — perfect for milestones, wellness boosts, or celebrating the season. With **The Signature Menu**, leaders and scouts mix, match, and design their own getaway — blending self-care, bonding, and fun.

### THE CUSTOM TROOP ADVENTURE

Bring your troop's vision to life! Whether it's a badge, journey, or special theme night, we'll design an experience tailored just for your girls — blending fun, learning, and LUMA magic for memories that last. Need ideas? Explore **The Badge + Journey Map** with 30+ badges and journeys we can help fulfill.

## WHY WELLNESS MATTERS

At LUMA GIRLS, wellness is at the heart of every experience. **Girl Scouts will gain lifelong tools for self-care, stress management, and personal empowerment** — all while deepening their friendships and having fun.

- Increased calm, focus, and emotional balance
- Lower stress and anxious feelings
- Higher confidence and self-esteem
- Healthy coping tools for big emotions
- Stronger friendships and a sense of belonging
- Growth in leadership skills — at school, in groups, and in everyday life

## BADGES + JOURNEYS MADE SIMPLE

With over 30 badges and journeys already mapped, we make planning simple. Our **Badge + Journey Map** connects Girl Scout requirements with LUMA activities — so you can feel confident you're checking the boxes while your girls are having fun. See **The Custom Troop Adventure** page below for all the details!

# TROOP LEADER GUIDE

LUMA GIRLS - YOUR TROOP ENRICHMENT PARTNER

## WHAT LEADERS ARE SAYING

"The girls just loved it!! Four of the moms told me their daughters now want their birthday parties there. The soundbath was a favorite!!! On our way home they said it was the **best trip we've ever done**—and we've gone horseback riding, explored Howe Caverns, and even trekked with llamas!"  
-Karen G., Leader, Troop #5034, Colonie

"Our troop had such an amazing self-care night at LUMA GIRLS! The girls loved yoga, making their own essential oil body scrubs, and the soundbath — all while bonding and relaxing together. They looooved it and are already asking to go back! The experience was empowering, affordable, and so meaningful for our girls."  
-Laura C., Leader, Troop #2827, Rotterdam

"We did a Girl Scout retreat at LUMA GIRLS and it was amazing! Marissa shared wonderful relaxation techniques with the girls, and they can't wait to go back. We've already returned for another self-care night, and once again it was so relaxing. **Definitely recommend!**"  
-Jessica G., Leader, Troop #2833, Fonda

## IDEAS FOR YOUR TROOP

Looking for inspiration? LUMA GIRLS makes it easy to celebrate milestones, bond as a troop, and bring badges to life. Here are just a few ways to create magical memories together:

- Cookie Season Celebration — reward hard work with a night of fun and relaxation.
- End-of-Year Wellness Retreat — reflect, recharge, and celebrate growth.
- Just-Because Bonding Night — because sisterhood deserves to be celebrated anytime.
- Badge + Journey Boost — bring badge requirements to life in a fun, stress-free way.

## EASY TO BOOK

Ready to plan your troop's magical day?

Visit [www.LUMAGIRLS.com/girlscouts](http://www.LUMAGIRLS.com/girlscouts) to check availability and book your experience online in just a few clicks!

## TOGETHER, WE SHINE!

Thank you for all that you do for your girls. We're honored to be your Troop Enrichment Partner — helping your scouts grow in Courage, Confidence, and Character while creating magical memories together. **We can't wait to celebrate your troop!**

*Shine Bright. Illuminate the World.*

# THE GIRL SCOUT GETAWAY

## YOUR GIRLS. YOUR GETAWAY.

The Girl Scout Getaway is our most popular troop event — a retreat-style experience perfect for milestones, wellness boosts, or seasonal celebrations. With **The Signature Menu**, leaders and scouts mix, match, and **design their own getaway by choosing one activity from each category**. Below is a preview of The Signature Menu — for full details, visit our website.

## MINDFUL MOVEMENT

### CHOOSE YOUR VIBE + LET IT MOVE YOU

Our Mindful Movement sessions are all about feeling strong, free, and full of positive energy. From dancing it out to flowing slow, each option boosts confidence, sparks joy, and helps girls connect deeply with their bodies. Every movement comes with a touch of LUMA magic.

- 1 UPBEAT YOGA + STRETCH
- 2 CHANNEL YOUR INNER TAYLOR
- 3 SHIMMY SHIMMY (BELLY DANCE)
- 4 FRESH MOVES (HIP HOP)
- 5 LUMA GIRLS DANCE PARTY

## SOUNDBATH ADVENTURES

### CALM. DREAM. GLOW.

Settle in, get cozy, and drift into pure relaxation. With pillows, blankets, silky eye masks, and soothing sounds, girls will float away on a peaceful journey. Each Soundbath Adventure blends gentle chimes, crystal bowls, and guided visualization to quiet the mind, open the heart, and leave everyone calm, clear, and recharged.

- 1 ENCHANTED FOREST
- 2 MAGIC CARPET RIDE
- 3 BEACHY BLISS
- 4 MOONBEAMS + STARDUST
- 5 LUMA GIRLS RETREAT VIBES

## MAGICAL ADD-ONS (OPTIONAL)

### CREATE, PLAY + TAKE HOME

Want even more sparkle? Magical Add-Ons give girls the chance to dive into hands-on fun and take home something special. Each wellness-inspired activity sparks creativity, inspires joy, and sends every guest home with a meaningful keepsake.

- 1 SHIMMER + SHINE (SUGAR SCRUB)
- 2 SELF-LOVE SPRITZ (HAIR + BODY MIST)
- 3 MAGIC MOODS (ESSENTIAL OIL ROLLER)
- 4 STARLIGHT SPELL BOTTLE (MAGIC POTION)
- 5 LUMA LIGHT GRID (CRAFTING WITH CRYSTALS)

# THE CUSTOM TROOP ADVENTURE

## YOUR TROOP. YOUR WAY.

Tailored specifically for **your troop**, the Custom Troop Adventure can be designed around badges, journeys, theme nights, or even an idea of your own. Every booking includes a **15-minute planning call** where we co-create and bring your vision to life. Take a look at our **Badge + Journey Map** below to see all the ways to connect to LUMA magic. While these adventures are especially designed for girls ages 8–14, **we're happy to work with all levels** — from Daisies to proud alumni.

### BROWNIES

Badges + Journeys	LUMA GIRL Activities
Ready. Resilient. Strong.	Happy Box, Gratitude Journal, Yoga/Dance, Keepsake
Journey: A World of Girls	Sharing Our Story, Sisterhood Activities
Me Time	Guided Relaxation, Calming Activities
Outdoor Art Creator	Flower Art Activities
Dancer	Mini Dance Class
Making Friends	Sisterhood Activities
My Best Self	Body Positivity + Confidence Builders
Senses	Aromatherapy + Mindfulness Activities
Cookie Decision Maker	Behind the LUMA GIRLS Business: Q+A w/ Activity
My Cookie Customers	Behind the LUMA GIRLS Business: Q+A w/ Activity
My Own Budget	Behind the LUMA GIRLS Business: Q+A w/ Activity

### JUNIORS

Badges + Journeys	LUMA GIRL Activities
Ready. Resilient. Strong.	Happy Box, Gratitude Journal, Yoga/Dance, Keepsake
Journey: Agent of Change	Sisterhood Activities
Uniquely Us	Authentic Self Activities
Outdoor Art Explorer	Flower Art Activities
Flowers	Flower Art Activities
Independence	Confidence Builders
Musician	Soothing Soundbath Journey
Staying Fit	Mindful Movement Activities
Budget Maker	Behind the LUMA GIRLS Business: Q+A w/ Activity
Business Jumpstart	Behind the LUMA GIRLS Business: Q+A w/ Activity
Cookie Collaborator	Behind the LUMA GIRLS Business: Q+A w/ Activity
My Cookie Team	Behind the LUMA GIRLS Business: Q+A w/ Activity

### CADETTES

Badges + Journeys	LUMA GIRL Activities
Ready. Resilient. Strong.	Happy Box, Gratitude Journal, Yoga/Dance, Keepsake
Journey: Breathe	Breathwork Techniques
Outside the Mirror	Body Positivity + Confidence Builders
Science of Happiness	Mindfulness + Positive Mindset Practices
Outdoor Art Apprentice	Flower Art Activities
Trees	Grounding Techniques
Budget Manager	Behind the LUMA GIRLS Business: Q+A w/ Activity
Business Creator	Behind the LUMA GIRLS Business: Q+A w/ Activity
Cookie Innovator	Behind the LUMA GIRLS Business: Q+A w/ Activity
Cookie Market Researcher	Behind the LUMA GIRLS Business: Q+A w/ Activity
My Cookie Venture	Behind the LUMA GIRLS Business: Q+A w/ Activity
My Dream Budget	Behind the LUMA GIRLS Business: Q+A w/ Activity
My Money Habits	Behind the LUMA GIRLS Business: Q+A w/ Activity



Shine Bright.  
Illuminate the World.

LUMA  GIRLS  
SISTERHOOD | WELLNESS | MAGIC