

# THE GIRL SCOUT EXPERIENCE



## TROOP GUIDE 2025

LUMA GIRLS

SISTERHOOD | WELLNESS | MAGIC

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# Troop Guide 2025



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# Welcome Girl Scouts



## WELCOME

### WELCOME, GIRL SCOUTS!

We're so excited to share this magical experience with you! Whether you're here for a special celebration, working toward a badge or journey, or simply spending quality time as a troop—you're in for **something unforgettable**.

At **LUMA GIRLS**, we believe every girl has a light inside her—and when we take time to connect, care for ourselves, and support one another, that light shines even brighter. Our space is all about **wellness, sisterhood, creativity, and confidence**—values that perfectly align with the Girl Scout spirit of **courage, confidence, and character**.

Today, you're stepping into an adventure that's part mindful, part magical, and 100% designed with YOU in mind. You'll move your body, calm your mind, express yourself creatively, and deepen the bonds of friendship—all while having tons of fun.

As your LUMA Hosts, we're here to cheer you on and create a safe, supportive, and sparkly space where **you can just be YOU**. You belong here. Your energy, your voice, your dreams—**they matter**.

So breathe deep, laugh loud, and get ready to shine—because **The Girl Scout Experience at LUMA GIRLS** is about to begin... and it's going to be amazing.

With LUMA love,

**Marissa and Lindsey Phelps**

Your LUMA GIRL Hosts, Owners and Sisters



# Luma loves The Girl Scouts



## THE LUMA DIFFERENCE

### WHO WE ARE

**LUMA GIRLS is more than a wellness community—it's a movement!**

We empower young women to shine their brightest through sisterhood, wellness, and magic. Here, girls build confidence, cultivate self-love, and embrace their inner light.

**Shine bright. Illuminate the world.**

### HOW WE ALIGN WITH GIRL SCOUTS

At LUMA GIRLS, we align perfectly with the Girl Scout values of **courage, confidence and character**. With our mindful approach, we support troops with earning badges, completing journeys, marking troop achievements, cookie season celebrations, monthly meetings, alumni reunions, leader appreciation nights, and more. Let's team up to support your next journey—how can we help?

### WHAT WE DO

**Give your troop something unforgettable.** THE GIRL SCOUT EXPERIENCE at LUMA GIRLS is more than just fun—it's a space where Girl Scouts can relax, connect, and grow together. Through mindfulness, movement, and creativity, **girls build confidence, strengthen friendships, and learn tools they can use in everyday life**. It's the perfect mix of self-care, sisterhood, and empowerment — designed just for them.

### THE GIRL SCOUT EXPERIENCE

**Mix, match, and make it magical.** Treat your troop to a one-of-a-kind wellness adventure at LUMA GIRLS! This customizable experience includes a **Sister Circle**, a **Mindful Movement** session, and a **Guided Visualization with Soundbath** — each with fun options to choose from. It's all about connection, creativity, and confidence — made magical just for your girls. **Your Troop, Your Way.**

### EVERYONE IS INVITED

**All Girl Scout levels are welcome**—from Daisies to Ambassadors, even Alumni! Troop leaders, volunteers, and parents are invited to join the magic too. We thoughtfully tailor each experience to fit the age and energy of your troop – ensuring every girl feels inspired, included and empowered.

### WHERE WE ARE

We proudly serve the Capital Region and host local troops from the Girl Scouts of Northeastern New York with our magical wellness experiences. Our dreamy, luxe LUMA LOUNGE is located in Rotterdam, NY – conveniently located between Schenectady and Guilderland.



# THE LUMA DIFFERENCE

## WHAT YOU'LL DISCOVER HERE

**Empowering Experience.** Your troop will celebrate with activities that promote self-confidence, mindfulness, and creativity.

**Wellness-inspired.** We create an environment where girls can unwind, build resiliences, and discover holistic tools to help support them now and in the future.

**Fun & Totally Unique.** From yoga and dance to arts and crafts, we offer a variety of fun and different activities to make magical memories.

**Safe & Inclusive.** Our space is designed to be welcoming and supportive for all girls, ensuring everyone feels valued and included.

## WHY WELLNESS MATTERS

By incorporating mindfulness, movement, and sound healing, Girl Scouts will gain lifelong tools for self-care, stress management, and personal empowerment—all while having fun and deepening their friendships! Benefits of our approaches include:

- Increased calm, focus, and emotional balance
- Lower stress and anxious feelings
- Higher confidence and self-esteem
- Healthy coping tools for big emotions
- Relaxation through sound healing and calming music
- Energizing, feel-good movement and activities
- Stronger friendships and a sense of belonging
- Growth in leadership skills—at school, in groups, and in everyday life

## WHAT TROOPS ARE SAYING

"The girls just loved it! Four of the moms told me their girls said they want their birthday parties there, too! The sound bath was a favorite!!! On our way home they said it was the best trip we have done. And we have gone horseback riding, to Howe Caverns, and trekked with llamas!"

-Karen G., Troop Leader, Troop 5034, Niskayuna

## MORE IDEAS FOR YOUR TROOP

Girl Scout Troops come to LUMA GIRLS for a variety of reasons! From cookie sales celebrations to self-care nights from monthly meetings to Breathe Journeys. Some badges that align with our activities include: My Best Self, Staying Fit, Resilient, Ready, Strong, Mindful Movements, Dancer, Knowing My Emotions, Shapes in Nature, and more! Have other ideas? We'd love to collaborate with you! How can we help you reach your Troop's next goal?

## HOW 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!

# The Girl Scout Experience



## EVENT OVERVIEW

### THE GIRL SCOUT EXPERIENCE: YOUR TROOP, YOUR WAY!

Treat your troop to a **one-of-a-kind wellness adventure** at LUMA GIRLS—where connection, creativity, and confidence come to life with a sprinkle of magic! Best of all? **Your girls get to choose their own journey!**

Pick One from Each (see THE MENU):

- A Sister Circle to spark connection
- A Mindful Movement session to energize and empower
- A Sound Bath + Guided Visualization to relax and recharge

We'll kick things off in the **dreamy LUMA Lounge** with fruit-infused sparkling water, a mini aromatherapy bar, and a "Pick-a-Card" station filled with uplifting messages.

Next, your girls will gather in a **cozy Sister Circle** for a fun icebreaker and your chosen theme—a playful, **mindful activity** to connect, reflect, and shine.

Then it's time to move with your selected **Mindful Movement** session—whether it's flowy, upbeat, or all about inner power—followed by a **soothing Sound Bath + Guided Visualization** to unwind and dream big.

### MAGICAL ADD-ON'S

Want to make it extra special? Add a **Magical Make & Take Craft**—a fun, wellness-inspired DIY project your girls can take home as a meaningful keepsake! Choose one project (see THE MENU).

### YOUR TROOP, YOUR WAY!

LUMA GIRLS is your go-to space for all kinds of magical moments! We love dreaming big with troop leaders and finding creative ways to support your goals. Many of our activities align beautifully with Girl Scout badges such as My Best Self, Staying Fit, Resilient. Ready. Strong., Mindful Movements, Dancer, Knowing My Emotions, Shapes in Nature, and more.

**Have a vision in mind? Let's collaborate and make it magical—your troop's way!**



# Your Troop. Your Way.



## THE MENU

### WELCOME TO THE GIRL SCOUT EXPERIENCE!

Get ready to custom design a magical + meaningful event for your troop.

Use THE MENU below to build your unique experience. Choose one option from each category to create a day filled with connection, creativity, and calm.

Curious for more details on each activity and magical add-ons? Just flip to the next pages!

### STEP 1: CHOOSE YOUR SISTER CIRCLE

- ☐ THE POWER OF US (SISTERHOOD)
- ☐ MY INNER MAGIC (AUTHENTICITY)
- ☐ MY RAINBOW GLOW-UP (SELF-CARE)
- ☐ UNSTOPPABLE ME (CONFIDENCE)
- ☐ CHOOSE YOUR TROOP'S THEME

### STEP 2: CHOOSE YOUR MINDFUL MOVEMENT

- ☐ UPBEAT YOGA + STRETCH
- ☐ CHANNEL YOUR INNER TAYLOR
- ☐ SHIMMY SHIMMY (BELLY DANCE)
- ☐ FRESH MOVES (HIP HOP)
- ☐ LUMA GIRLS DANCE PARTY

### STEP 3: CHOOSE YOUR SOUNDBATH

- ☐ ENCHANTED FOREST
- ☐ MAGICAL CARPET RIDE
- ☐ BEACHY BLISS
- ☐ MOONBEAMS + STARDUST
- ☐ LUMA GIRLS RETREAT VIBES

### STEP 4: CHOOSE YOUR ADD-ON (OPTIONAL)

- ☐ SHIMMER + SHINE (SUGAR SCRUB)
- ☐ MAGIC MOODS (ESSENTIAL OIL ROLLER)
- ☐ LUMA LIGHT GRID (CRAFTING WITH CRYSTALS)

# Sister Circle Style



## SISTER CIRCLE OPTIONS

The heart of every LUMA GIRLS experience! In our cozy Sister Circle, we gather on yoga mats to connect, reflect, and uplift — girl power style. Each themed circle includes a fun, mindful activity designed to spark confidence, creativity, and friendship.

It's bonding, sharing, and shining — together.  
(Approx. 20 minutes)

CHOOSE YOUR FAVORITE SISTER CIRCLE!

1

### THE POWER OF US (SISTERHOOD)

Let's celebrate the power of sisterhood—laughter, kindness, and the strength of a group of amazing girls! We'll share smiles, support, and feel unstoppable together as a circle of sisters with total girl power!

2

### MY INNER MAGIC (AUTHENTICITY)

Celebrate what makes YOU shine! Your Inner Magic is all about embracing your unique and authentic sparkle—your creativity, kindness, and talents. You are unique, and those are your superpowers—let them remind you of the amazing magic you carry inside!

3

### MY RAINBOW GLOW UP (SELF-CARE)

Take a deep breath and check in with your whole self—mind, body, and soul! We'll balance our chakras and nurture our energy to feel strong, centered, and full of good vibes. It's all about taking care of ourselves and shining from the inside out!

4

### UNSTOPPABLE ME (CONFIDENCE)

Step into your spotlight and let your confidence shine! Unstoppable You is all about feeling bold, brave, and totally YOU. We'll share empowering affirmations that light us up from the inside—let's shine like the stars we are, embracing our inner strength!

5

### CHOOSE YOUR TROOP'S THEME

Got something special in mind? This is your space to shine! Whether earning badges, working on a Journey, or celebrating cookie season, we'll create a custom LUMA Girls experience to match your vibe and goals.



# Move. Stretch. Groove.



## MINDFUL MOVEMENT OPTIONS

It's time to move, stretch, and shine! Our Mindful Movement sessions are all about feeling strong, free, and full of good energy. Whether it's upbeat and playful or slow and flowy, each session is designed to help girls connect with their bodies, boost confidence, and have fun.

(Approx. 20 minutes)

CHOOSE YOUR FAVORITE MINDFUL MOVEMENT!

### 1 UPBEAT YOGA + STRETCH

Flow through fun poses and energizing stretches in this upbeat yoga session! Feel strong, happy, and full of good vibes. It's the perfect way to brighten your day and move your body.

### 2 CHANNEL YOUR INNER TAYLOR

Dance it out like a superstar to Taylor Swift's "22"! This sassy, powerful, and fun choreographed session is packed with energy and sing-along vibes. Get ready to shine and totally own the spotlight!

### 3 SHIMMY SHIMMY (BELLY DANCE)

Looking for something different and unique? Shimmy and shake to energizing drum beats in this belly dancing(ish) session – each girl gets to wear a colorful jingle skirt! Build confidence, feel powerful, and get transported by the rhythm as you dance like a true queen.

### 4 FRESH MOVES (HIP HOP)

Get ready to step into the beat and feel the rhythm in this fun hip hop session! We'll break down easy moves, so everyone can join in and feel like a star. It's all about having fun, learning new dances, and rocking that main character energy!

### 5 LUMA GIRLS DANCE PARTY

Get ready to dance, move, and groove in this fun, high-energy Zumba-inspired session! You'll shake off the stress and feel like you're at the best dance party ever. No experience needed—just bring your energy and get ready to feel awesome!



## SOUNDBATH ADVENTURE OPTIONS

Time to chill, LUMA-style. Girls get cozy on their yoga mats with a fluffy pillow, cozy blanket, super soft eye mask, and cooling eye gels—then drift into relaxation as calming sounds wash over them. A calming sound journey and guided visualization to relax, imagine + dream. Gentle chimes, crystal bowls, and a soothing story help quiet the mind and open the heart. Girls leave feeling calm, clear, refreshed, and recharged. (Approx. 20 minutes)

CHOOSE YOUR FAVORITE SOUNDBATH ADVENTURE!

1

### ENCHANTED FOREST

Step into a peaceful forest where the trees whisper and magic sparkles all around. With soothing sounds and gentle drumbeats, you'll imagine wandering fairy trails and breathing in fresh pine air. Feel grounded, calm, and connected to nature's magic.

2

### MAGIC CARPET RIDE

Imagine gliding on a shimmering magic carpet over glowing cities and golden sand dunes. With ancient melodies and gentle winds, this sound journey carries you to places full of adventure and wonder.

3

### BEACHY BLISS

Feel the sunshine, hear the waves, and let the beach vibes wash over you! With ocean sounds, seagull songs, and sparkly shell chimes, this dreamy sound bath helps you relax, recharge, and feel like a magical mermaid.

4

### MOONBEAMS + STARDUST

Get cozy under a sky full of stars and soft, fluffy clouds. Float through space with moonbeams, stardust, and twinkling chimes guiding your way. Let the sound waves carry you into a peaceful, dreamy universe.

5

### LUMA GIRLS RETREAT VIBES

Welcome to your luxurious LUMA Girls wellness retreat! Relax poolside with soft skies, lush greenery, and calming nature sounds. Unwind, recharge, and shine bright with glamorous, feel-good LUMA vibes.



## MAGICAL ADD-ON OPTIONS

### Optional Add-On: Create, Play & Take Home!

Want to sprinkle in even more fun? Add a Magical Make & Take to your experience! This optional, wellness-inspired DIY craft invites girls to create, play, and let their imaginations shine. Each hands-on project is filled with meaning and creativity—a sparkly keepsake they'll treasure long after the magic ends.

(Approx. 30 minutes)

### CHOOSE YOUR FAVORITE MAGICAL ADD-ON!

1

#### SHIMMER + SHINE (SUGAR SCRUB)

In this fun workshop, you'll create your own dreamy sugar scrub using coconut oil and a magical mix of essential oils. We'll guide you step-by-step and keep it safe, so you can shimmer all day long! Plus, you'll leave with a jar of your custom scrub to keep the glow going!

2

#### MAGIC MOODS (ESSENTIAL OIL ROLLER)

Create your own essential oil roller with a special blend of mood-boosting oils. We'll take you through each safe and easy step, so you can carry a little magic wherever you go! Learn how aromatherapy supports your mood and energy—your custom roller is perfect for pockets, backpacks, or anytime you need a quick vibe boost!

3

#### LUMA LIGHT GRIDS (CRAFTING WITH CRYSTALS)

Choose your favorite crystals and create a sparkling masterpiece with an inspiring affirmation to match. Learn about the power of crystals and how they can support your energy and confidence. You'll charge your crystal artwork with positive vibes and walk away shining from the inside out!

# Pricing + What's Included



## PRICING + POLICIES

### THE GIRL SCOUT EXPERIENCE

**Sister Circle + Mindful Movement + Soundbath Adventure**

1.5 hours of magic | Up to 14 girls | Caregivers welcome to stay

Hosted at the dreamy LUMA Lounge

**Price: \$333**

### MAGICAL ADD-ON'S

Adds 30 minutes to the event

**Price: \$15 per girl**

### WHAT'S INCLUDED IN THE GIRL SCOUT EXPERIENCE

- ✓ Fruit-Infused Sparkling Water
- ✓ Mini Aromatherapy Bar
- ✓ Motivational Cards
- ✓ Sister Circle
- ✓ Mindful Movement
- ✓ Soundbath Adventure
- ✓ Guided Visualization
- ✓ Fuzzy Socks
- ✓ Cozy Blanket
- ✓ Fluffy Pillow
- ✓ Super Soft Eye Mask
- ✓ Chilled Eye Gels
- ✓ Stuffies to Cuddle
- ✓ LUMA GIRLS Goodie Bag
- ✓ Luxe + Lush Ambiance
- ✓ 1 Hostess w/ the Mostess
- ✓ 1 Comfort Concierge
- ✓ Huge Smiles
- ✓ Positive Vibes
- ✓ One Happy Troop + Leader

### HOW TO PAY + POLICIES

Easy breezy! Payment is due at the end of your event. We accept cash, checks, or credit cards.

### NEED TO CANCEL OR RESCHEDULE?

We get it—plans change! Please let us know at least 48 hours in advance so we can accommodate your troop or offer your spot to another group. We're happy to reschedule and keep the magic going!



# Event Essentials



## EVENT INFORMATION

### LOCATION

**590 GIFFORDS CHURCH RD.  
ROTTERDAM, NY 12306**

Inside the Dance Force building, a former elementary school—look for a school building!

### PARKING + ENTRY

Please use the Front Parking Lot (look for the white and maroon Business Directory sign). Kids can enter through the double red doors marked "Front Entrance."

A team member will be there to guide them, and signs will help direct them.

**Caregivers are welcome to stay!**

### WHAT TO WEAR + BRING

We recommend that kids wear comfortable, stretchy clothing suitable for movement activities such as dance and yoga. **Layered outfits are ideal**, as body temperature may fluctuate between active movement and relaxation during the sound bath.

For footwear, kids may wear sneakers, socks, dance shoes, or go barefoot during the movement portion. Additionally, please ensure they **bring a water bottle to stay hydrated** throughout the session.

### WHAT WE NEED FROM YOU

To help us create the safest and most magical experience possible, here are a few quick things we'd love from you:

**Allergies or Sensitivities:** Please let us know if there are any allergies, skin sensitivities, or anything else we should be aware of. We want every girl to feel safe and cared for.

**Photo Permission:** We love capturing LUMA magic! May we use photos of your Troop on our website or social media? Let us know your comfort level.

**Share the Love:** If you had a great experience, we'd be so grateful for a Google Review! Your kind words help other families find the magic.

### CONTACT INFO

Questions? Please contact Marissa at **518.250.9028** or email us at **hello@LUMAGIRLS.com**

Thank you for supporting LUMA GIRLS!  
Together, we are helping the next generation shine and thrive!



