

Mother Daughter

RETREAT

Celebrate That Special Bond

Laugh more, understand each other, and go home feeling even closer!

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About Retreat:
This is for moms and daughters who want to have fun together and build a deeper bond and understanding of each other. This is a place where communication, respect and relationships can flourish in a positive uplifting environment.

You will be led through mental and physical exercises and activities which will leave you laughing, questioning, relating and bonding with each other.

This is a place where communication, respect and relationships can flourish in a positive, uplifting environment. You'll be led through mental and physical activities that leave you laughing, questioning, relating and bonding. With a focus on positive psychology, you'll explore the strengths of your relationship and find ways to grow together.

As a mom, you will revisit your own childhood and teen years and see how those experiences connect to your hopes and worries for your daughter. Reflect on the strengths you see in her, your hopes for her future, and learn where she needs uplifting and what she hopes for herself.

As a daughter you will have the opportunity to reflect on the strengths of your mother and develop a deeper understanding of her experience at your age to encourage an appreciation and understanding of her attitudes, ways of coping and her rules.

This is a retreat where you are accepted, your values appreciated and where there is no judgement. We will learn that there is no 'right' way to be a mom and no 'right' way to be a daughter and we will try and find a way to be the best mother and daughter combo that WE can be based on who we each are. This weekend is about self discovery and the discovery of team strengths that need to be encouraged and of areas that need to be developed.

Whether you have an amazing relationship or whether you have challenges that you face daily we will attempt to break down walls of misunderstanding and build castles from your foundation.

Our mother/daughter retreats are geared for daughters aged 10 to 15yrs.

Empowering Activities - finding our personal and combined strengths.
Bonding Games - Team building & scavenger hunts
Unifying Activities - Ice breaker games, team bonding activities, mindfulness/yoga & zumba class, bracelet making, karaoke, water activities (Spring retreats), hiking/nature walks
Gratitude - Cooking & doing something nice for our moms

Closer to our retreat, an exact itinerary and instructions will be provided in advance. Program and activities are subject to change as needed.

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Location:

Exact address will only be provided to registrants. Retreats are between 2-2.5hr drive North or East from Downtown Toronto!

Our location changes depending on the time of year and structure of each retreat. We create a unique and intimate setting for you and your daughter with incredible food prepared with love by our amazing chef. Entertainment and fun organized throughout the weekend. Morning yoga, SUP (stand up paddleboarding) on the lake if weather holds, hiking, dancing, obstacle courses, scavenger hunt and more. Prepare to be blown away!

Date & Cost:

We run our local retreats twice a year in Spring (April/May/June) & in the Fall (September/October/November)

Friday arrival 5pm onwards (please be mindful of traffic and weather)
Departure Sunday 12pm (Packed lunch is optional)

$1,785 + HST Mother/Daughter combination (King Rooms) - **3 ROOMS AVAILABLE**
$1,685 + HST mother/daughter combination (Queen Rooms - two separate queen beds) - **ONLY 1 ROOM AVAILABLE**
$1,640 + HST mother/daughter combination (Queen Rooms - Shared bed - for those who love cuddles!) - **2 ROOMS AVAILABLE**

$600 + HST per additional daughter. Not all retreats can accommodate due to space**

Meals:

Friday - Delicious and warm welcome dinner (snacks also available upon arrival)
Saturday - Healthy & warm breakfast, lunch and a seasonal dinner feast (plus a fun evening snack and snacks throughout the day!)
Sunday - Pancakes/crepes or waffles & fruit breakfast, healthy pre- departure packed lunch (this is optional, as we know some may stop somewhere on their way home)
* drinks & snacks available throughout the day

YES, you are allowed to bring your own adult beverage (“mommy juice”) but we kindly ask to drink in moderation.

YES, you can bring your own snacks. We will confirm all allergies prior to retreat and kindly ask to bring snacks considering ALL mild and/or severe allergies even if snacks remain in rooms.

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Payment & Cancellation Policy:

Payment in full is due at registration. 40% of your payment is a non-refundable deposit, and the other 60% is refundable only if you cancel by March 14, 2027.

Room	Non-refundable deposit (40%)	Refundable if you cancel 60+ days out (60%)
King room	$714 + HST	$1,071 + HST
Queen room, two separate beds	$674 + HST	$1,011 + HST
Queen room, shared bed	$656 + HST	$984 + HST

If you need to cancel:

- More than 60 days before the retreat (**11:59 pm on March 14, 2027**): The 40% deposit is non-refundable, and we'll refund the remaining 60%.
- 60 days or less before the retreat (**March 15, 2027 onward**): Your full payment is non-refundable, because spots are limited and hard to fill on short notice.
- If we can resell your spot: We'll refund the 60% (not the deposit), subject to an administration fee.
- Transfers: You may transfer your registration to another mother-daughter pair with our advance approval.

Life happens, so we also recommend checking whether your travel or credit card insurance covers trip cancellations.

**Prices may vary based on different retreats. Subject to change at any time.

Weather Response:

The seasons can change quickly, so please plan ahead. Especially for snow and rain seasons, please ensure you have:

- Proper tires for the retreat season
- Make sure your vehicle's maintenance is up to date before you leave
- Check the weather forecast before you depart
- Give yourself extra time for travel and traffic - we rather you be late then stressed and rushed!
- Contact Shyanne immediately if you are unable to attend last minute or will be running late

WINTER LIKE CONDITIONS: Country roads are plowed frequently, however, we cannot guarantee the roads will be plowed during the time of our approximate arrival and departure.

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