



# Mother Daughter

R E T R E A T



## Celebrate That Special Bond

[www.power4teens.ca](http://www.power4teens.ca)

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### **About Retreat:**

This is for mothers 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.

With a big focus on positive psychology you will further develop your understanding of your personal and mother/child relationship strengths and weaknesses while discovering ways to develop for the future.

As a mother you will get the opportunity to go back into your childhood/teen years and find the relationship between your personal experiences and your fears for your daughter. You will be encouraged to reflect on your observed strengths of your daughter and your hopes and desires for her future. You will have the opportunity to understand more her perceived strengths and where she needs uplifting and her hopes for the future.

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 mother 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 almost 'perfect' 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 & serving our mums

**Closer to our retreat, an exact itinerary and instructions will be provided in advance.**

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### **Location:**

**Exact address will be provided to registrants. Retreats are no more than a 2.5hr drive from Downtown Toronto!**

Our location changes depending on the time of year and structure of each retreat. ALL retreats are no further than 2 hours out of the city from downtown Toronto. 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 2pm onwards (please be mindful of traffic and weather)

Departure Sunday 12/12:30pm

**\$1,400 + HST mother/daughter combo\*\***

**\$1,585 + HST mother/daughter combo - KING SUITE\*\***

*\$600 + HST per additional daughter\*\**

All food, games, activities and entertainment included:

Friday - Delicious and warm welcome dinner (snacks also available upon arrival)

Saturday - Healthy & warm continental breakfast, beautiful salad and sandwich lunch and a seasonal dinner feast (plus a fun evening snack)

Sunday - Pancakes/waffles & fruit breakfast, healthy pre- departure lunch (packed to take)

**\* 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 mild and/or severe allergies.**

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## **Refund/Cancellation Policy:**

Registrations cancelled 90 days before our event will be charged a \$200 cancellation fee, the remaining balance of any amount will be refunded.

Registrations are **non-refundable - NO EXCEPTIONS**. Retreat spots are already limited and are hard to replace especially with short notice. You can transfer your registration to someone else however will need to be approved in advance. If an exception is made, an administration fee will apply.

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

## **Weather Response:**

We understand that the seasons can change rapidly and highly recommend you plan for this well in advance so all factors can be accounted for. Especially for snow and rain seasons, please ensure you have:

- Proper winter tires, they are a must!
- Up to date maintenance on your vehicle before departing
- Check the weather report before you depart
- You allow yourself extra time for travel and traffic
- 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.