



Book a **Port Paradise Retreat** and receive **30% off** if purchased by **December 15, 2025**.

### Tropical Wellness Escape - April 30 - May 3, 2026

Save **\$675** per person - ~~\$2,250~~ → \$1,575



### Fairways Golf Escape for 8 - May 21 - 24, 2026

Save **\$4,950** per package - ~~\$16,500~~ → \$11,550



### Tropical Strength Summit - May 25 - 31, 2026

Save **\$1,485** per person - ~~\$4,950~~ → \$3,465

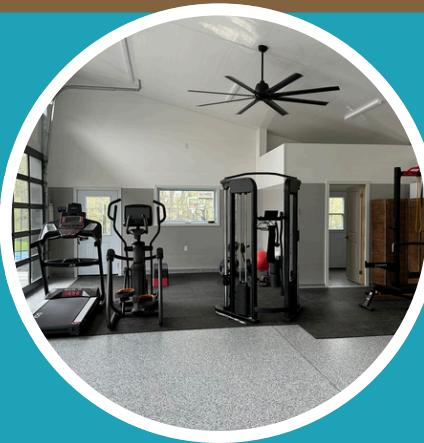
Save **\$2,550** per couple - ~~\$8,500~~ → \$5,950

*Offer not available for other dates or Retreats*



Port Paradise  
Simcoe, Ontario

519-488-5588



## TROPICAL WELLNESS ESCAPE

Welcome to your intimate transformative wellness retreat nestled in a lush tropical paradise. Designed to help you recharge your body, reconnect with your inner self, and reignite your passions.

### Nourish Your Body

Savour gourmet, nutrient-rich dishes, prepared by a personal chef, that fuel your body and delight your senses — from energizing breakfasts to soul-soothing dinners.

### Move and Play

- Fully equipped gym for strength and cardio training
- Multi-sport court for pickleball, basketball, or badminton
- Sparkling pool for laps or leisure
- Inviting hot tub for deep relaxation
- Energized DROM™ and relaxing Yoga sessions daily.
- Nearby Lake for longer swims or beautiful sunrises/sunsets

### Restore and Relax

Let tension melt away with massage therapy session tailored to your needs — from deep tissue to aromatherapy. Each treatment is designed to harmonize your body and mind.

**\$2,250 \$1,575 per person**

**April 30 - May 3, 2026**



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## FAIRWAYS GOLF ESCAPE

Elevate your game and indulge in world-class relaxation with our exclusive Golf Retreat experience in a tropical setting.

### Package Highlights:

- 3 Rounds of Golf on fairways designed to challenge and inspire golfers of all levels.
- Customized gourmet meals prepared daily by Personal Chef.
- Full use of our premium property features:
  - Sparkling pool for refreshing swims
  - Multi-purpose sport court
  - Fully equipped gym for strength and cardio training
  - Relaxing hot tub to unwind after your rounds

### Perfect For:

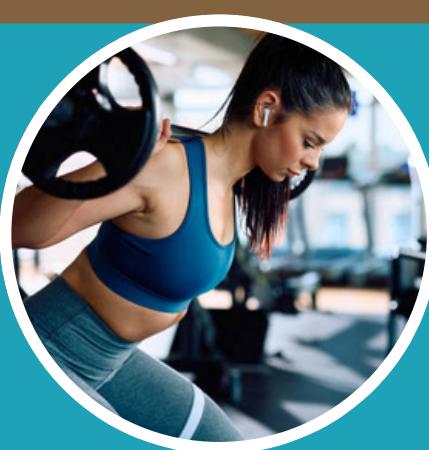
- Golf enthusiasts seeking a balance of sport and leisure
- Couples or groups looking for a luxury getaway
- Anyone wanting to combine golfing, fitness, catered dining, and relaxation in one unforgettable retreat

**\$16,500 \$11,550 for 8 people**

**May 21 - May 24, 2026**



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## TROPICAL STRENGTH SUMMIT

Escape to paradise and rediscover your strength in a tropical setting designed to energize and inspire. Our all-inclusive fitness retreat blends movement, mindfulness, and nourishment.

- **Guided Strength and Cardio Training:** Daily sessions led by expert coaches to build power and tone muscles.
- **Swimming:** Refresh your body with open-water swims and pool workouts designed for all fitness levels.
- **Nutritious Meals:** Enjoy delicious, wholesome cuisine crafted to fuel your body with balanced macros.
- **Nutrition Workshops:** Learn the science behind healthy eating with interactive sessions that empower you to make informed, sustainable choices long after the retreat ends.
- **Massage Therapy:** Sooth aching muscles and relax your mind with mid-week massage.

If you're looking to kickstart a wellness journey or deepen your fitness practice, this **small group retreat** offers the perfect balance of challenge and relaxation to transform your body and mind.

~~\$4,950~~ **\$3,465 per person**

~~\$8,500~~ **\$5,950 per couple**

**May 25 - May 31, 2026**



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## THRIVE THROUGH MENOPAUSE

This retreat supports women navigating the physical, emotional, and spiritual journey of menopause.

Gain clarity with guidance from a licensed **Medical Doctor** who will demystify the hormonal shifts of menopause.

Explore natural approaches to hormone balance, stress reduction, and energy renewal with a trusted **Naturopath**.

Through interactive workshops and delicious meals, you'll learn how to nourish your body with foods that support hormonal health, bone strength, and emotional well-being.

- Accommodations and personal chef
- Access to property amenities
- Personalized consultations with our health experts
- Daily cooking demonstrations and hands-on food education

Whether you're in peri-menopause, menopause, or post-menopause, this retreat offers a safe, empowering space to learn, heal, and thrive.

**\$2,500 per person  
4 Days , 3 Nights**

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## WRITE YOUR DAMN BOOK

Whether you are struggling to write your first book or refining your next, **7-time published author Marsha Vanwynsberghe's** proven methods will help you unlock your voice, overcome blocks, and shape your message with clarity and confidence.

### What's Included:

- 6 hours of expert coaching focused on book creation, mindset, and message mastery
- Guided hypnosis to clear subconscious blocks and ignite creative flow
- Writing strategy sessions tailored to your unique story and goals

### Nourish Your Creativity

Enjoy gourmet meals prepared by a Personal Chef, designed to fuel your body and mind.

### Rejuvenate in Nature

- Lounge by the pool or soak in the hot tub under the open sky
- Move your body in the fully equipped gym or sports court
- Amble through the hushed charm of the village, ending where the water kisses the shore.

**\$3,000 per person  
4 Days, 3 Nights**

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