

YOGA RETREAT JULY 14-16



Join us for a transformative Yoga Retreat designed to nurture your soul, ignite your passions, and surround you with a sisterhood of strength and support.

RESERVE YOUR SPOT TODAY. YOUR SOUL WILL THANK YOU!



TROPICAL YOGA RETREAT JULY 14 - 16, 2026

Welcome to your intimate Yoga Retreat, with a maximum of 10 guests, nestled in a tropical paradise in Simcoe, ON. Designed to recharge your body, reconnect with your inner self, and reignite your passions.

Wellness Sessions

- Yoga including breathwork, meditation and digestion assessment
- Gemstone Bracelet Making Meditative Workshop
- Fascia Release techniques
- Live music and sound bath journey

Nourish Your Body

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

On-Site Amenities

- Multi-sport court
- Sparkling pool for laps or leisure
- Inviting hot tub for deep relaxation
- Outdoor shower
- Firepit

\$1,650 per person (single room)

\$1,450 per person (shared room)

\$1,250 per person (shared bed)

Payment Plans available

**REGISTER
NOW**

Port Paradise
Simcoe, Ontario

519-488-5588



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Retreat Itinerary

Tuesday, July 14th

- 3:00 PM – Arrival & Welcome
- 4:00 PM – Opening Circle & Power of Intention / Bracelet Workshop
- 6:00 PM – Dinner

Wednesday, July 15th

- 6:45 AM – Optional gathering for a silent meditation
- 7:00 AM – Morning Practice: Meditation, Breath-work, Fascia Release & Gentle Movement
- 8:45-9:30 AM – Breakfast
- 10:30 AM – Breath-work Workshop
- 12:30 PM – Lunch
- 1:30 PM – 4:00 PM – Free Time
- 4:00 PM – Optional: Pickleball Workshop or Meditative Hike
- 6:00 PM – Dinner
- 7:30 PM – Fascia Release & Sound Bath Journey

Thursday, July 16th

- 6:45 AM – Optional gathering for a silent meditation
 - 7:00 AM – Morning Practice: Meditation, Breath-work, Gut Fascia Release & Gentle Movement
 - 9:00 AM – Breakfast
 - 10:00 AM – 12:00 PM – Closing Circle
 - 12:00 PM – Lunch and Departure
- Afternoon – A group staying for a video shoot

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Magdalena Tarko is an Ayurvedic Yoga Specialist and Ayurvedic Wellness Chef with over 30 years of experience in holistic health, including yoga, nutrition, and bodywork. With more than 700 hours of training in yoga and Ayurvedic nutrition, she blends movement, breathwork, marma activation, and mantra meditation to support balance and embodiment. She is the founder of Divine Intentions, a spiritual jewelry line featuring handcrafted gemstone malas created with mindful intention.



Jackie Giella is an expert in Reformer and Mat Pilates, Ayurvedic Yoga Specialist, and certified in Fascia Release and Breathwork. With 10 years of retreat facilitation experience across local and international destinations, Jackie brings a unique combination of expertise, knowledge, and genuine care to every participant.



Rouba Boushnak is a former tennis professional and teacher with extensive experience in sports management. During retreats, Rouba shares her passion for music through sound bath journeys. As a registered Reiki Practitioner, she also offers Reiki healing.

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