

# Your Recalibration Retreat



This is not a 'two-nights-away' girls' weekend.

## THIS IS A *RECALIBRATION*

For the woman who wants to show up exactly as she is, to take time to reset and nourish.

July 14-16,  
2026

Simcoe, ON



Time to recalibrate  
your *nervous system*

To rest  
To align  
To soften  
To expand  
To just be.



## *Your retreat experience:*

- Personal protocol for breath-work practices
- Ayurvedic nutrition workshop with personal assessment
- Gut-fascia release tools
- Nervous system reset sessions
- Power of Intention hands-on session
- Clarity on how to move forward
- Luxurious private accommodations
- Space to release what no longer serves your journey



Come with intention, or come with none at all.

We hold one intention for you:  
to meet you exactly where you are,  
and let you rise into what's next with clarity,  
courage, and conviction.

The next level doesn't require more sacrifice.

It requires alignment and awareness.

It requires you to be fully resourced and  
committed to yourself.

If you're ready to recalibrate ...  
this retreat was built for you.



July 14 - 16, 2026

## Retreat Itinerary

Tuesday, July 14<sup>th</sup>

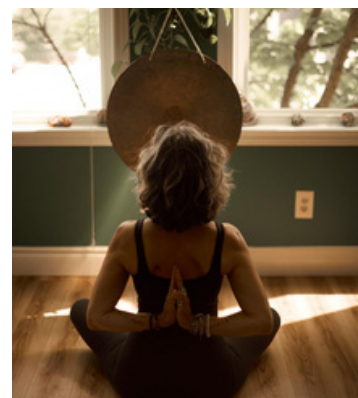
- 3:00 PM – Arrival & Welcome
- 4:00 PM – Opening Circle & Power of Intention / Bracelet Workshop
- 6:00 PM – Dinner / social relax by the fire

Wednesday, July 15<sup>th</sup>

- 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 – Ayurvedic Nutrition 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 16<sup>th</sup>

- 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





## Meet your Hosts:



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



## *Recalibrate Yoga Retreat - No Passport Required*

Escape to paradise right here at Port Paradise in beautiful Simcoe, Ontario. We've created this one-of-a-kind retreat for those craving a tropical reset without traveling abroad. In just one day, you'll feel like you've been away for two weeks.

This immersive experience is designed to help you reset on a cellular level through the power of mindset and intentional living.

\$1,650 per person (single room)

\$1,450 per person (shared room)

\$1,250 per person (shared bed)

Payment Plans available

**REGISTER  
NOW**