



15 AUGUST
2026

CONSCIOUS RESET IMMERSIVE

Step away from the noise and enter a space for deep restoration, nervous system reset, connection, and inner exploration. This is a full-day guided wellness experience blending transformational breathwork, meditation, movement, yoga, nature, and intentional rest to support emotional release, regulation, clarity, insight, and reconnection. At the core of the experience is a guided breathwork journey led by experienced facilitators, Carmen and Dan, in a safe and supportive environment. Throughout the day, you'll be invited to slow down, reconnect with your body and breath, and explore optional wellness addons including yoga, meditation, nature time, hot tub access, gym access, integration support, and spacious time for rest and reflection.

Investment: \$200+GST Individual or \$360+GST Couple. See addons.