



SUMMER RENEWAL NATURE RETREAT

WOODLAND ART, YOGA, QIGONG, HIKING & FOREST BATHING

with ELLEN BRAKEL, Certified Yoga & Qigong Instructor
& LUCIA LAFORD - Indigenous Woodland Arts Educator

Friday August 2nd to Sunday August 4th

At Soaring Heart Wellness Spa in Mono, Ontario

www.soaringheartwellness.com

3 day - 2 nights - \$588

1 Day Saturday option - \$225

Friday August 2/24

4pm to 6pm - Arrival

6pm to 7:30pm - Dinner & Mingle

8pm to 9pm - Gentle Yoga & Meditation

Saturday August 3/24

7:30 am to 9am - Breakfast

9am to 10:30am - Yoga & Qigong & Sharing circle

10:30am to 12:30pm - Woodland Art class

1pm to 2:30pm - Lunch

2:30pm to 6pm - Free time - relax, work on art project, sauna, hot tub, cold plunge, float on pond

6pm - 7:30pm - Dinner

8pm - Campfire, Meditation & Sharing circle

Sunday August 4/24

7:30am to 9am - Breakfast

9am to 10am - Yoga & Qigong

10:30am to 12pm - Hike Bruce Trail & Forest Bathing

12:30pm to 2:30pm - Lunch & closing circle

Retreat Food Menu

(may be subject to change) - Gluten Free, Dairy Free options

Breakfast - Tea, Fruit, Nuts, Yogurt, Oatmeal, Granola, Toast & Jam, Eggs

Lunch - Green salad, Cold salads, Soup, Sourdough bread

Dinner - Grilled chicken, Salad, Veggies & Dip, Rice , Sourdough Pizza, Pasta

Dessert - healthy daily surprise