

WOMENS MENTAL HEALTH INTENSIVE & WELLNESS RETREAT

Draft Schedule

FRIDAY – Connection & Intention-Setting

 5:30 PM – 6:30 PM Dinner in the Dining Hall

 Settle Into Your Accommodation / Free Time

 Welcome Meet & Greet

 Gratitude Workshop

 Gentle Unwind

SATURDAY – Growth, Expression & Embodiment

 7:30 AM – 9:00 AM Breakfast in the Dining Hall

 Zumba Group Class

 Women's Hormone Health & Wellness Support Workshop

 12:30 PM – 1:30 PM Lunch in the Dining Hall

 Art & Somatic Movement Workshop (Part 1)

 Pelvic Floor Physiotherapy Group Class

 5:30 PM – 6:30 PM Dinner in the Dining Hall

 Aromatherapy Workshop

 Beach Fire Ceremony

 Sound Bowl Experience

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SUNDAY – Integration & Renewal

 Pack Up by 9am (Check-out by 10:00 AM)

 7:30 AM – 9:00 AM Breakfast in the Dining Hall

-  ADHD, Motivation & Routines Workshop
-  Emotion Regulation, Coping Strategies & Mindset Workshop
-  Art & Somatic Movement Workshop (Part 2)

 12:30 PM – 1:30 PM Lunch in the Dining Hall

-  Art & Somatic Movement Workshop (Part 3)
-  Goodbye Water Ceremony

Event Facilitators:

- Lisa-Marie Young, RCC – Clinical Counsellor & Yoga Therapist
- Theresa Seefried, RSW – Clinical Counsellor & ADHD Coach
- Nat Green – Local Artist & Illustrator
- Jill Nahm – Registered Physiotherapist & Pelvic Floor Specialist
- Susie Sayers – Sound Bowl Musician & Wholistic Practitioner
- Penny Deeter – doTERRA Wellness Advocate
- Alexandra Robertson – Registered Massage Therapist
- Mary-Rose Mack – Certified Zumba Instructor

More Event Details:

- ✨ Additional Amenities: Beach, Labyrinth Walk, & Nature Paths
- ✨ Registered Massage Therapist available for on-site appointments
- ✨ Event T-shirts available for pre-order purchase
- ✨ Door prizes, raffles, and other offerings will be available