

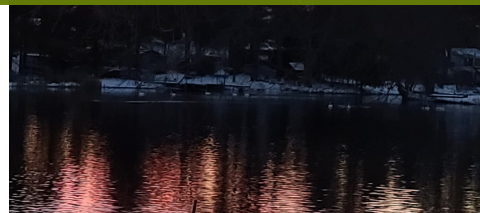


READY FOR A BREATH OF FRESH AIR?

The Next Chapter: A Wellness Retreat

An aroma based journey away from the stressors for those looking to meditate, awaken and rebreathe their bodies through nature.

**3 DAYS, 2 NIGHTS
CEDARS WELLNESS RETREAT
SEPTEMBER 20 - 22, 2024**



Find your inner wellness.

Spend 3 Days and 2 Nights on a wellness retreat of self-reflection, group sharing and plenary talks designed to listen to your heart, experience the benefits of aromatherapy and overall wellness.

Aromatherapy 101 - Meditation - Mindful Healing
- Art Therapy - Drumming - Journaling

Retreat Package Inclusions:

- All meals and snacks **special meal requests must be requested**
- Lodging available through Paradise Retreat On The Crowe (Limited to 6 persons).
- Writing and art materials included
- Nature walk, collecting & connecting with nature
- Fire ceremony, drumming & story-telling
- Connection with a sacred tea and Craft making
- Meditations
- Make a custom tincture* with Sage (for protection)
- Time to journal & reflect

Great for groups up to 6 or 7 per stay.
Corporate Groups welcome.

\$750.00
per person
includes

* Early Bird *
Save \$50 if
booking double
occupancy by
June 1st*

* Tinctures are herbal extracts made by soaking the bark, berries, leaves (dried or fresh), or essential oils from one or more plants in witch hazel.

For more information, visit
www.cedarswellness.com.
FOR LODGING INQUIRIES,
Call 613-902-7662
info@cedarswellness.com



Women's Wellness Retreat, September 20-22 in Marmora, ON.

Early Bird pricing will end June 1st, accommodations available to the first 6-7 people.....so be sure to register soon.

You must be 18 years or older to attend.

Non-refundable Deposit: \$500; Your non-refundable deposit is required on registering, with full payment due by August 15th, 2024.

You will receive a Retreat Contract and Waiver, which is required to be filled out.

If you are coming from outside of Canada, please note you will be required to have travel insurance.

Room Options:

Room 1: Shared with King Bed (Sleeps 2) - \$1400CAD

Room 2: Shared with 2 Twin Bunk, 1 Queen Bed- \$1400CAD

Room 3: Private with 1 Queen Bed - \$1400CAD

All prices are in Canadian dollars and do not include hst.

Transportation to and from the Retreat is not included.

