



“Awemazing” Forest Therapy & Yoga Wellness Retreats

Pender Harbour, BC, Canada

September 7-9, 2018

Ruby Lake Resort

<http://www.rubylakeresort.com>

Why?

Because you deserve to get away from the chaos, distractions and busy-ness of home-life. Leave the city behind. Leave the cooking and the cleaning behind. Totally immerse yourself in the healing & peaceful ambience of a unique west coast rainforest and wetland eco-system and be guided towards a better connection with yourself, nature and a small group of people.

You are worth a relaxing, rejuvenating weekend retreat!!

What?

- 2 x 3-hour guided forest therapy walks
 - 1 yoga class
- 2 x nights of accommodations at Ruby Lake Resort in either a private or shared safari-style luxury tent or a lagoon-side cottage
- 1 x multi-course dinner (Saturday evening) in Ruby Lake's onsite authentic Trattoria Italiana Restaurant
 - 2 breakfast and 2 lunches
- 1 x 2-hour canoe rental or 1-hour stand-up paddle-board rental
 - guided journaling with the gift of a journal

Cost in CND

Early Bird Rate, pay in full by June 21, 2018

\$485 Shared Luxury Tent

\$569 Private Luxury Tent

\$541 Shared Cottage

\$725 Private Cottage

Regular Rate, pay in full by August 20, 2018

Add \$75 to each of the above