

WELLNESS RETREAT

Empowering young girls to live a healthier and happier life- mentally, physically and emotionally!



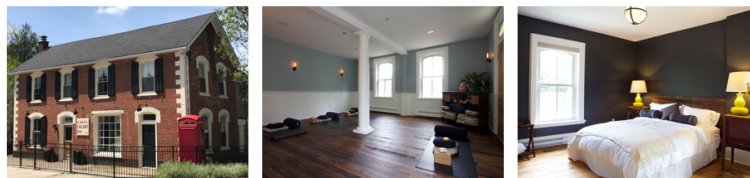
The BeU Wellness Retreat for wellbeing is created for young women seeking to renew their body, mind and spirit, reset their health and nurture their wellbeing. With a holistic approach to the programming, the setting of the retreat is where one can rest, learn to manage stress, eat healthy, attend daily yoga and meditation and reconnect with nature. The young women will gain a new perspective how to live well and will leave with take home tools that will last a lifetime!

Please join me at the Forks of the Credit Inn located in Caledon, ON.

COST \$550.00+HST



The historic Forks of the Credit Inn was built in 1855 in the quaint hamlet of Cataract, Caledon. The building was originally a post office, the DewDrop Inn in the late 1800's and a general store with speakeasy upstairs operated during prohibition in the early 1900's. The Cataract Inn was a popular restaurant here until 2006. Recently revitalized, our building is once again a boutique Inn and new yoga retreat in the beautiful Caledon Hills.



1498 Cataract Road, Caledon, ON

www.forksofthecreditinn.com

ITINERARY

Friday

| | |
|---------|--------------------------|
| 6:00pm | Arrivals |
| 6:30pm | Welcome |
| 6:45pm | Dinner |
| 8:00pm | Sound Healing Meditation |
| 9:00pm | Quiet Time |
| 10:00pm | Lights Out |

Saturday

| | |
|---------|----------------------------|
| 7:00am | Wake Up |
| 7:25am | Energy Ball Bites |
| 7:30am | Meditation Class |
| 8:00am | Breakfast |
| 9:00am | Choose an Intention Card |
| 9:10am | Quiet Time |
| 10:45am | Daily Affirmations |
| 11:00am | Yoga Class |
| 12:00pm | Lunch |
| 1:00pm | Self Confidence Workshop |
| 2:15pm | Mindfulness Walk in Nature |
| 3:15pm | Healthy Snack |
| 3:30pm | Quiet Time |
| 4:30pm | Workout Session |
| 5:30pm | Dinner |
| 7:00pm | Sound Healing Meditation |
| 8:00pm | Quiet Time |
| 10:00pm | Lights Out |

Sunday

| | |
|---------|---|
| 7:00am | Wake Up |
| 7:25am | Energy Ball Bites |
| 7:30am | Yoga |
| 8:30am | Meditation |
| 9:00am | Breakfast |
| 10:00am | Daily Affirmations, Gratitude and Time of Reflection |
| 11:00am | Fairwell |

DETAILS:

- Healthy Vegetarian Meals/Snacks prepared by a chef
- No electronics (cell phones, Ipads/Ipods, laptops, tv's)
- Quiet Time = reading, colouring mindfulness books to music, napping, journaling
- Chakra Sound Healing Meditation
- Bring: comfortable clothing (yoga wear and exercise wear), appropriate outdoor footwear and clothing, journals, books
- Water, teas, juices available throughout the day
- Yoga and meditation mats and props are included
- Transportation to and from the retreat is not included

Healthy Minds. Healthy Bodies. Healthy Relationships.



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