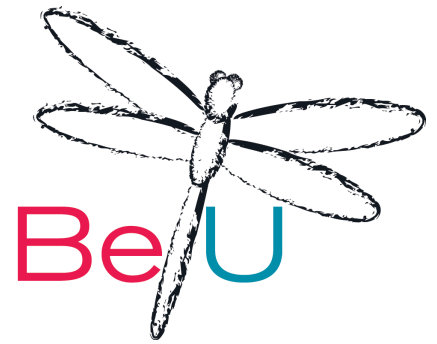


## Wellness Retreat

The BeU Wellness Retreat for wellbeing is created for young women seeking to renew their mind, body 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, reconnect with nature and find clarity during quiet time and time of reflection. The young women will gain a new perspective how to live well and will leave with take home tools that will last a lifetime!



# Wellness Retreat

## Itinerary

### **Friday**

6:00 pm Arrival and Tour of the Retreat Property

6:30 Cooking Class “Healthy Dinner”

7:15 Dinner

8:00 Sound Healing Meditation

9:00 Cooking Class “Healthy Snacks”

9:15 Mindfulness & Quiet Time

10:00 Lights Out

### **Saturday**

8:00 am Wake up

8:25 Energy Ball Bites

8:30 Meditation Class

9:00 Cooking Class. “Healthy Breakfast”

9:30 Breakfast

9:50 Choose an Intention Card and Daily Affirmations

10:00 Mindfulness & Quiet Time

11:00 Yoga Class

12:00 Cooking Class “Healthy Lunch”

## Wellness Retreat

- 12:45 Lunch
- 1:00 Life Coaching Session
- 2:15 Mindfulness Walk in the trails with the butterflies and dragonflies
- 3:30 Healthy Snack
- 4:00 Mindfulness & Quiet Time
- 5:00 Cooking Class “Healthy Dinner”
- 6:15 Dinner
- 7:00 Sounds Healing Meditation
- 8:00 Mindfulness & Quiet Time
- 10:00 Lights out

### **Sunday**

- 8:00 Wake up
- 8:25 Energy Ball Bites
- 8:30 Yoga and Meditation Class
- 9:45 Cooking Class “Healthy Breakfast”
- 10:00 Breakfast
- 10:30 Gratitude Journalling
- 10:45 Quiet Time and Self Reflection
- 11:30 Farewell and Departure

# Wellness Retreat

## Important Details:

- Healthy Meals/Snacks are vegetarian/vegan
- No electronics (cell phones, Ipads/Ipods, laptops, tv's)
- Mindfulness & Quiet Time = reading, colouring mindfulness books to music, napping, journalling, time spent with the animals, potting, gardening, walking through the sunflower fields, blueberry/apple picking, listening to the waves on the beach
- Sound Healing Meditation (performed with healing instruments for all 7 Chakras)
- Bring: comfortable clothing (yoga wear and exercise wear), hiking boots and clothing, journals, books, items for the mindfulness time (i.e. drawing, painting, making bracelets)
- Water, teas, juices available throughout the day
- Yoga and meditation mats and props are included
- Towels included. Please bring your own slippers
- Transportation to and from the retreat is not included
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