



Summer Soul Revival Retreat

REO- RAFTING & YOGA RESORT

July 16th - 19th, 2026



ALL INCLUSIVE 4-DAY WELLNESS RETREAT

Revive your Soul at REO Rafting's picturesque resort along the river's edge of the Nahatlatch Valley. Come home to yourself in this dynamic retreat to rediscover who you truly are and restore balance between all three aspects of your own nature: Mind, body and spirit.

Guided by a dynamic wellness duo, this women's retreat is a perfect blend of versatile Fitness, Wellness education, Relaxation and Interactive Fun. Energize your core, explore your natural healing powers, and connect with a community of like-minded women.

Leave feeling rejuvenated and inspired by new knowledge to support and re-balance your body's needs, along with cherishable memories to carry forward.



REO - Rafting & Yoga Resort - Boston Bar, British Columbia



July 16th-19th Inclusions:

- > 3 Nights in a river's edge glamping tent**
- > Private river-front patio**
- > Exclusive itinerary with dynamic fitness, group activities & wellness workshops.**
- > Nourishing meals & Desserts (**food preferences welcome*)**
- > Social Activities, Sports & Amenities**





4-DAY ITINERARY

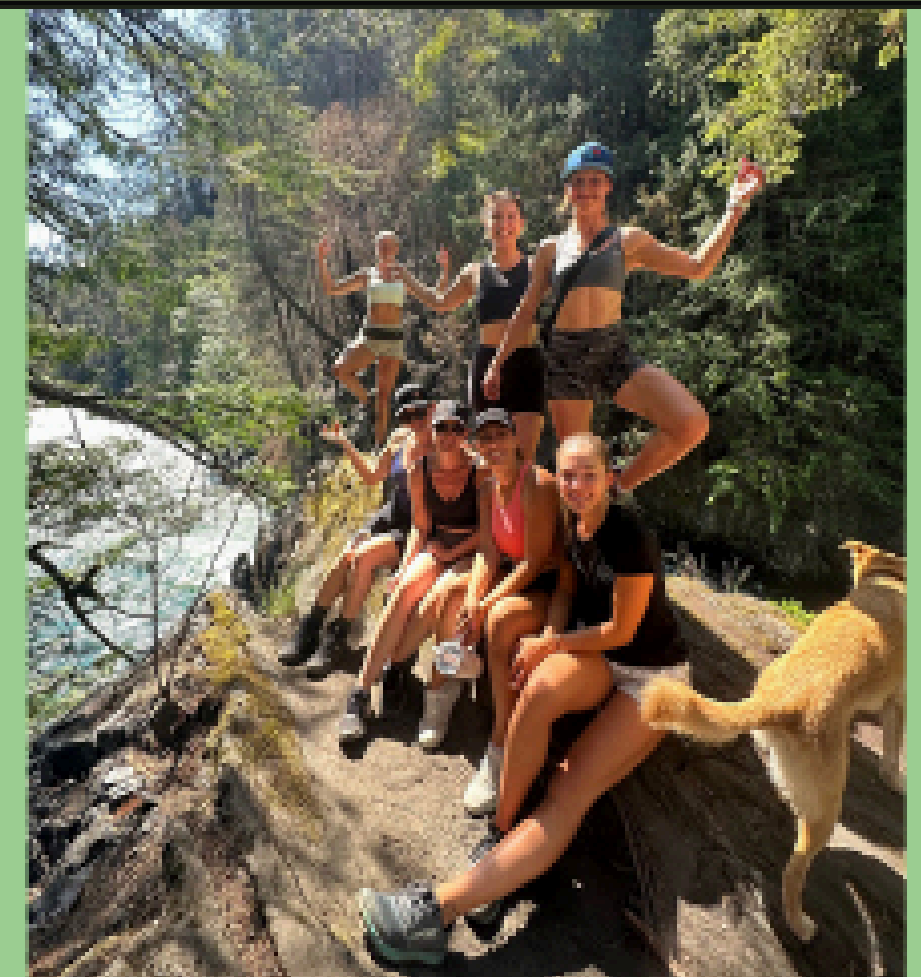
Day 1 – Arrival Day (July 16th)

- 4:00pm – Check in
- 6:00pm – Meet and Greet
- 7:00pm – Dinner
- 8:30pm – CORE Anchoring Class
- 9:30pm – Campfire or Hot tub



Day 2 - (Friday, July 17th)

- 7:15 am – Morning Movement + Strength
- 8:15 am – Breakfast
- 10:00 am – Guided Hike Tour (optional)
- 11:30 am – Beach Lounge or * Free time
- 1:15 pm – Lunch
- 2:30 pm – Workshop- Boundary & Balance
- 3:30pm – Core + Cardio class
- 5:30 pm – Group Beach Volleyball
- 7:00 pm – Dinner
- 8:30 pm – 30 min mobility + class
- 9:00 pm – Campfire or Hot tub



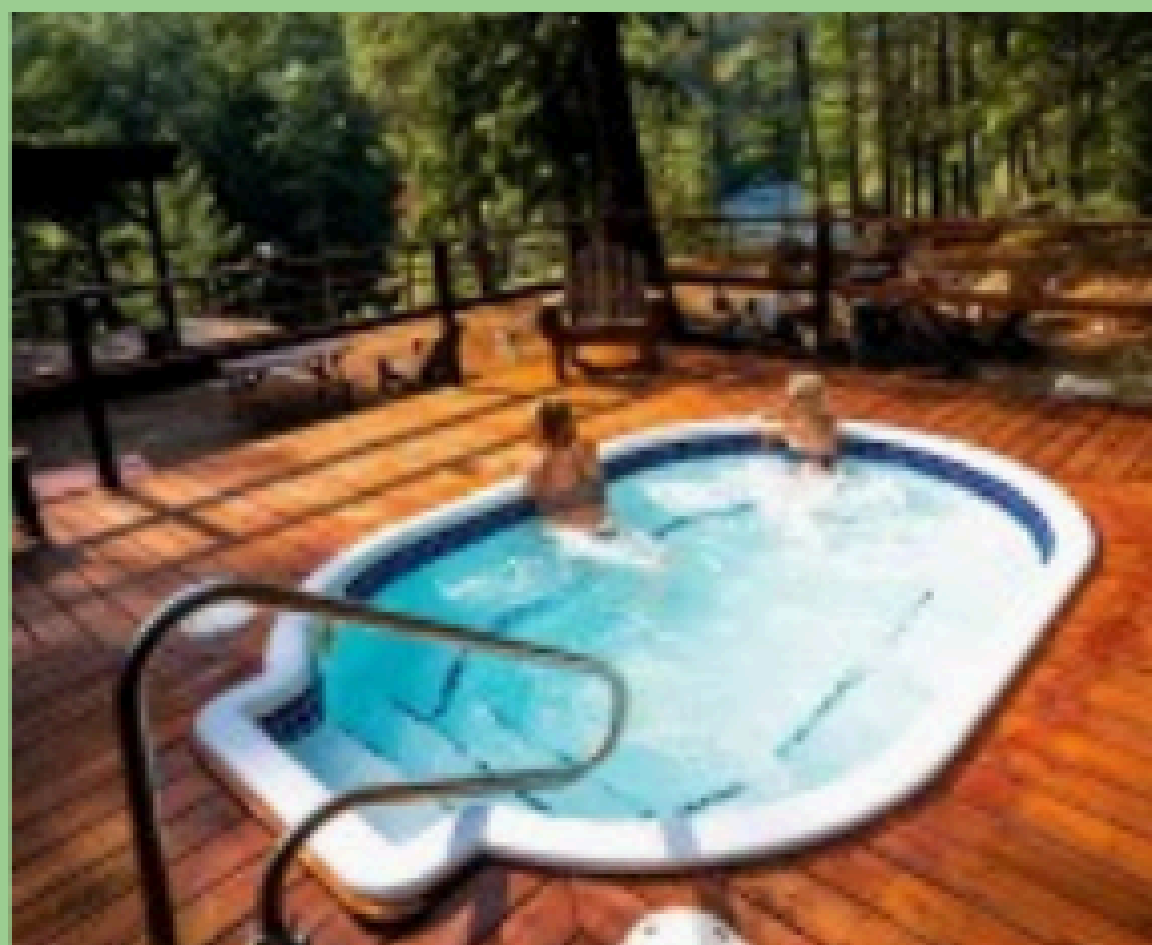


4-DAY ITINERARY:



Day 3 - (Saturday, July 18th)

- 7:15am-Pilates class
- 8:15 am - Breakfast
- 10:00am-River Rafting (9:00am-1:15pm
*add-on) - or *Free time.
- 1:15 pm - Lunch
- 2:30pm-Workshop - Journalling
- 3:30pm-30-min HIIT class
- 5:00pm-Beach lounge/free time
- 5:45pm-Group Activity/Game
- 7:00 pm - Dinner
- 8:30 pm - SOUND BATH Meditation
(w/ special guest)
- 9:00pm-Campfire or Hot tub



Day 4 – Departure Day (July 19th)

- 7:00am-Morning Yoga (or Sleep in;)
- 8:15am - Breakfast
- 9:15am-Closing ceremony/Group reflections.
- 11:00am-Check-out
(*optional massage? - book ahead)

****Please note additional costs (exclusive retreat discounts applied) for activities such as river rafting, and massage. Additional activities may be booked during *free time blocks ahead. *NB: Itinerary is subject to change.**

DYNAMIC WELLNESS DUO

~ RETREAT HOSTS ~

NAOMI GILLIGAN is a dedicated holistic nutrition and Health counsellor, and Seasoned Kinesiologist. She is the sole proprietor of her business, *Naomi4wellness*, where she focused on improving comprehensive client wellbeing with compassionate and knowledgeable support. In her practice, she balances 4 key health pillars: Nutrition, Exercise, Stress and Sleep.

Naomi also works in a multidisciplinary clinic as a practicing kinesiologist (*Catalyst Kinetics*, Burnaby, B.C.). With over 11 years of experience in this field, she helps a wide range of clients reach their active health and injury rehabilitation goals, including athletes.

Naomi has been an active body throughout her life, and an outdoor enthusiast. She has been an avid soccer player, recreational athlete, and strives to be a leader in the health and wellness space through her education and life journey. As a sole parent of two boys, she proactively aspires and works to achieve a healthy life balance with a vast range of wellness tools and strategies, while inspiring and educating others to do the same.

~"Life is Not about finding yourself, it's about Creating yourself."



Naomi@Naomi4wellness.ca www.Naomi4wellness.ca IG @ Naomi_4_wellness



ALLY BRADSHAW brings over 10+ years of practical experience leading clients in private and semi-private training, classes, as well as local workshops and international retreats. Blending her background in kinesiology, yoga and pilates, she thrives on teaching you how to reconnect to and realign your body through movement. She specializes in neuromuscular training, pelvic floor and core education, functional training, injury specific rehabilitation, meditation and breath-work.

Ally has a contagious enthusiasm and passion for bringing health and wellness to the lives of others. She hopes to inspire others to explore movement and mindfulness, and to make personal well-being their top priority. Ally firmly believes that "it's not just about showing people how to move, but providing them with necessary tools to attain their highest level of health and to maintain it with confidence."

When not in the clinic (*Catalyst Kinetics*, Burnaby, B.C), studio, or studying, you can most likely find Ally practicing yoga, running, off-roading, paddle boarding, camping, or hiking with her pup .



ally@alignedmvmt.com www.alignedmvmt.com IG @ alignedmvmt

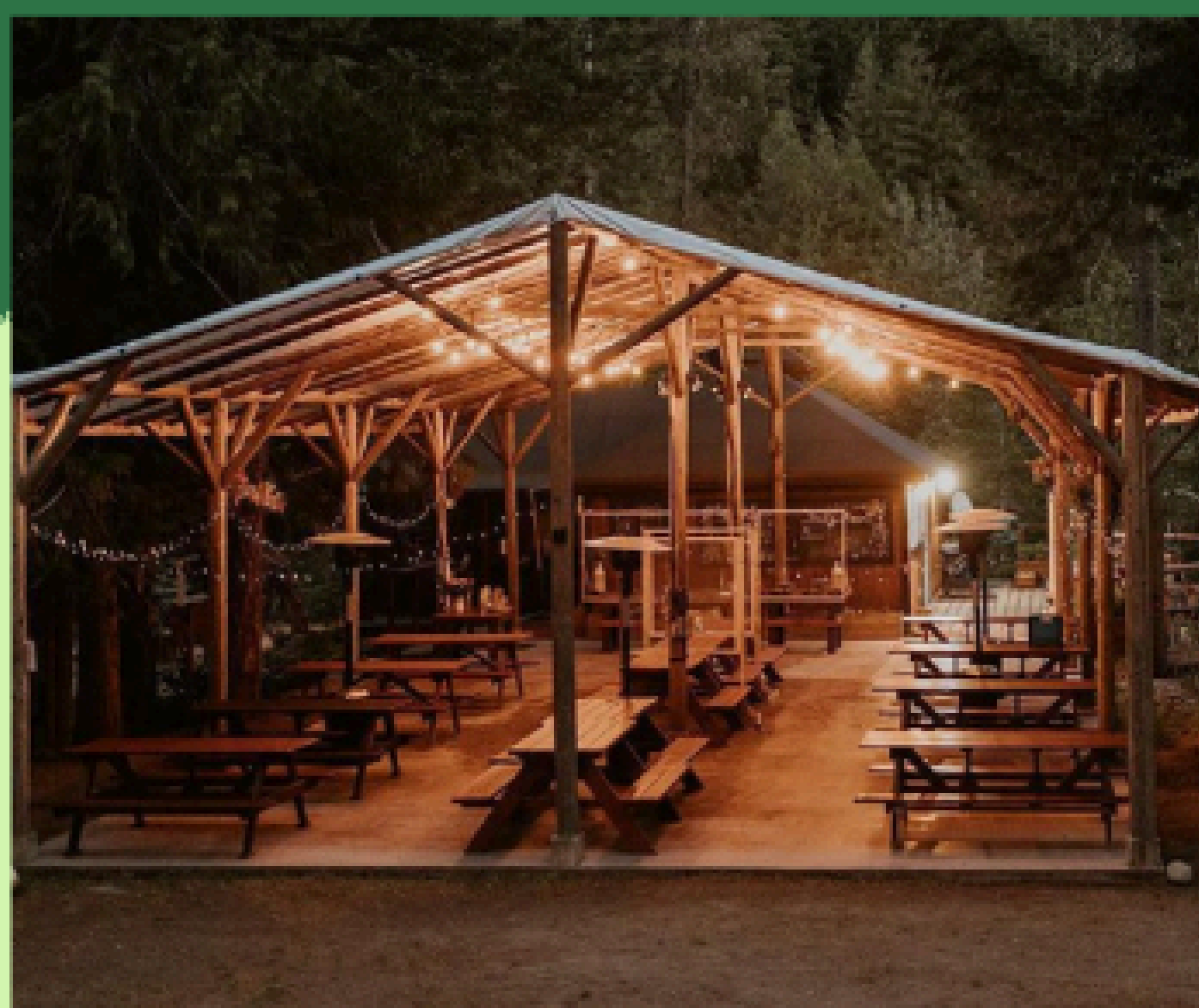


~ SUMMER SOUL REVIVAL RETREAT SUMMARY ~

Come prepared to submerge yourself in the natural beauty of sea to sky as you become grounded by surrounding forest & mountains. You will be spoiled with nutritious meals, beverages and desserts to honor your body's needs, and your food preferences. Indulge in restorative sleep within the delightful glamping tents to the soothing sounds of the flowing river, and the shining stars above.

This women's only retreat is a perfect blend of versatile Fitness, Wellness Workshops, Relaxation, Interactive FUN and Laughter to energize your core, explore your natural healing power, and connect to other like-minded women.

Hosted by this dynamic wellness duo, you will experience a variety of outdoor fitness classes and activities to stimulate all the senses, from beach lounging, nature treks to group volleyball, social games, and river rafting (optional) to soak in some adrenaline. Dynamic Fitness classes will teach you the fundamentals of restorative postures, core and pelvic floor anchoring, and help you discover new ways to move your body. Condition, strengthen, stabilize, mobilize, reset and relax your body through movement and breadth work.





~ ADDITIONAL DETAILS ~

WELLNESS WORKSHOPS

JOURNALLING WORKSHOP:

In this guided workshop, you'll use the power of journaling to release stress, self-doubt, and negativity—making space for more clarity, confidence, and abundance in your life. Whether you're new to journaling or looking to deepen your practice, this session will help you clear emotional clutter and reconnect with what truly lights you up

BOUNDARY BOSS WORKSHOP:

This empowering workshop is designed for mothers and busy working women who are ready to reclaim their time, energy, and well-being. Learn how to set clear, healthy boundaries without guilt so you can create more space for yourself, reduce stress, and show up as your best self—at home, at work, and in your relationships. Walk away with practical tools, mindset shifts, and the confidence to protect your peace while prioritizing what truly matters.

RESORT HIGHLIGHTS

- Beautiful Glamping tents
- Private Beach
- Hammocks
- Nightly Campfires
- Sun Decks on the River's Edge
- Large relaxing Hot Tub
- River rafting & Massage (\$ add-on)

EXPRESS YOUR BODY'S NEEDS

You will have an opportunity to meet with the hosts at the start of the retreat to review and discuss any injuries you may have concerns about, and be provided with guided modifications to support you during the fitness classes throughout the retreat. And none of the fitness classes are mandatory to join.

Join us on this retreat to experience yourself in a more holistic way and REVIVE your soul. It will leave you nourished, stronger, and able to reflect on and apply new insights and strategies to support your health journey onwards.

And don't forget the precious memories behind!

We can't wait to see you here!

~ Naomi & Ally