

Summer Soul Revival 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 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 individuals.

Leave feeling rejuvenated and inspired by new knowledge to support and re-balance your body's physical needs, and with fun memories to propel yourself forward.



August 10-13th 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
- Social Activities, Sports, & Amenities

Wellness workshops:

Nutrition Coaching - A fun informative discussion around nutrition. Nourish your mind, body, and soul. Walk away with some new tools and awareness.

Sleep Training - to explore the relational detriments on your health, how its restoration can rejuvenate your well-being, with a foundational guide on improvement strategies.

All-Inclusive 4-Day Wellness Retreat

Day 1: - Arrival Day (Aug 10th - 4PM)

- ▶ 4:00pm - Check in
- ▶ 5:45pm - Meet and Greet
- ▶ 7:15pm - Dinner
- ▶ 8:30pm - Core Essential Class
- ▶ 9:30pm - Campfire or Hot tub



Day 2: (Friday, Aug 11th)

- ▶ 7:00 am - Morning Movement
- ▶ 8:15 am - Breakfast
- ▶ 10:00 am - A Fun! Full Body HIIT class OR River Rafting (9:00am - 1:15pm *add-on)
- ▶ 1:15 pm - Lunch
- ▶ 2:30 pm - Nutrition Coaching (Nourishing your mind, body, and soul)
- ▶ 3:30 pm - 5:00 pm – Free time or Guided Hike
- ▶ 5:00-6:00 pm - Core Conditioning and Stretch
- ▶ 7:15 pm - Dinner
- ▶ 8:30 - 10:30 pm - Movement Therapy in the New Shala. Get Ready to have some fun!



All-Inclusive 4-Day Wellness Retreat Itinerary

Day 3: (Saturday, Aug 12th)

- ▶ 7:00 am - Free time
- ▶ 8:15 am - Breakfast
- ▶ 10:00 am - High Intensity Cardio & Tabata (Bring bands)
- ▶ 11:00 am-1:00 pm - Free Time (Beach Lounge/Scenic float)
- ▶ 1:15 pm - Lunch
- ▶ 2:30 pm - Sleep Restoration Training
- ▶ 4 - 5:30 pm - Group Beach Volleyball
- ▶ 6:15 pm - Social Hour or Free Time
- ▶ 7:15 pm - Dinner
- ▶ 8:30 pm - Mobility and Deep Stretch
- ▶ 9:30 pm - 11 pm - Optional Campfire or Hot Tub



Day 4: Departure Day (Sunday, Aug 13th)

- ▶ 7:00 am - Morning Movement
- ▶ 8:15 am - Breakfast
- ▶ 9:00 am - Group Reflections/Closing Ceremony
- ▶ 10:00 am - 30-Minute High Intensity Fitness Class
- ▶ 11:00 am - Departure or Optional massage



*Note: additional activities may be booked in free time: full-body massage (reservation required ahead), Scenic float, lake kayaking or paddleboarding, or archery. **Please note Itinerary is subject to change

Dynamic Wellness Duo



Jane Reynolds is a health coach, personal trainer, integrative holistic nutrition coach and yoga instructor. Her best attribute is her ability to listen and empathize, making others feel supported and comfortable to be their entire selves.

Through her life, Jane has always valued her physical and nutritional health. In the last 7 years Jane dove deep into her emotional, mental, and spiritual health and has encompassed this learning into her business, Glow with Jane.

Growing up, Jane was a passionate soccer player and adventure seeker. These days you can catch her snowboarding, ski touring, mountain biking, or hiking when she's not in the studio teaching or training clients. Jane loves working with clients to discover their true potential.

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Naomi Gilligan is a dedicated holistic nutrition counsellor, health coach, and seasoned kinesiologist. As the owner of Naomi4wellness, she focuses on improving comprehensive client wellbeing with compassionate and knowledgeable support by balancing 4 health pillars; Exercise, Nutrition, Stress management, and Sleep. Naomi has worked as a kinesiologist in a multidisciplinary clinic for over 10 years, helping a wide range of clients with active health and rehabilitation from injuries. Additionally, she works with sports teams as a team therapist, trainer, assisting with injury prevention, and acute management.

Naomi has been an avid soccer player, athlete, and physically active body throughout her life, and strives to be a leader in the health and wellness space through her education and life journey. As a single mom of two boys, she proactively aspires and works to achieve a healthy life balance, while inspiring and educating others to do the same.



www.Naomi4wellness.ca

Naomi@Naomi4wellness.ca

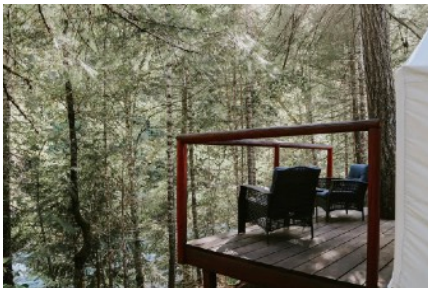
IG @naomi_4_wellness

Retreat Details

Where our eyes look, the mind will focus. Come home to yourself in this dynamic retreat, away from the demands of work and life responsibilities to rediscover who you are and restore balance between all three aspects of your own nature: mind, body and spirit.

This retreat is a perfect blend of versatile Fitness, Wellness Education, Relaxation and Interactive FUN to energize your core, explore your natural healing power, and connect to others like-minded. To honour your body's needs, enjoy nutritious food and restorative sleep in luxurious glamping tents under the stars.

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, dancing, nature treks to group volleyball, and river rafting to soak in some adrenaline. Dynamic Fitness classes will teach you the fundamentals of injury prevention and management, proper core activations and restorative postures, while also challenging you to new personal levels. Condition, strengthen, stabilize, mobilize and relax your body through movement and breath work.



Resort Highlights:

- Beautiful Glamping tents
- Private Beach
- Hammock Garden
- Nightly Campfires
- Sun Decks on the River's Edge
- Relaxing Hot Tub
- Archery
- River Rafting (added cost at a discount)
- Massage (added cost at a discount)



Additional Information:

You will also have an opportunity to meet with the hosts 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

Join us on this retreat to experience yourself in a more holistic way and revitalize your soul. It will leave you nourished, stronger, and able to reflect on and apply new insights and sustainable changes that will better support your health and well-being for this life that follows.

We can't wait to see you here!

~ Naomi & Jane

