



# Summer Soul Revival Retreat

**REO- RAFTING & YOGA RESORT**

July 18th - 21st, 2024

## 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 18th-21st 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

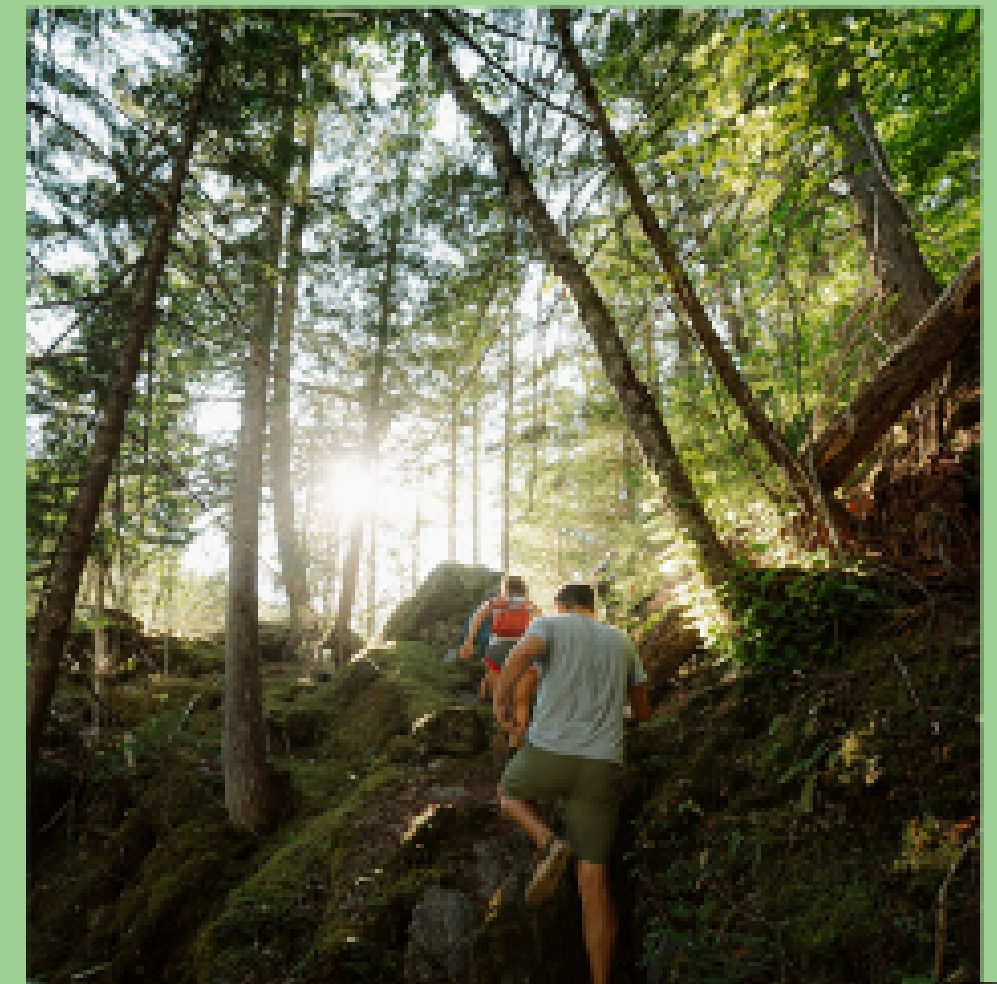
### Day 1 – Arrival Day (July 18th)

- 4:00pm – Check in
- 5:45pm – Meet and Greet
- 7:00pm – Dinner
- 8:30pm – CORE Anchoring Class
- 9:30pm – Campfire or Hot tub



### Day 2 - (Friday, July 19th)

- 7:00 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-Breadth work + Pelvic floor
- 3:30pm – Core + Pelvic floor class
- 5:30 pm – Group Beach Volleyball
- 7:00 pm – Dinner
- 8:30 pm – 30 min mobility + stretch class
- 9:00 pm – Campfire or Hot tub





## 4-DAY ITINERARY:



### Day 3 - (Saturday, July 20th)

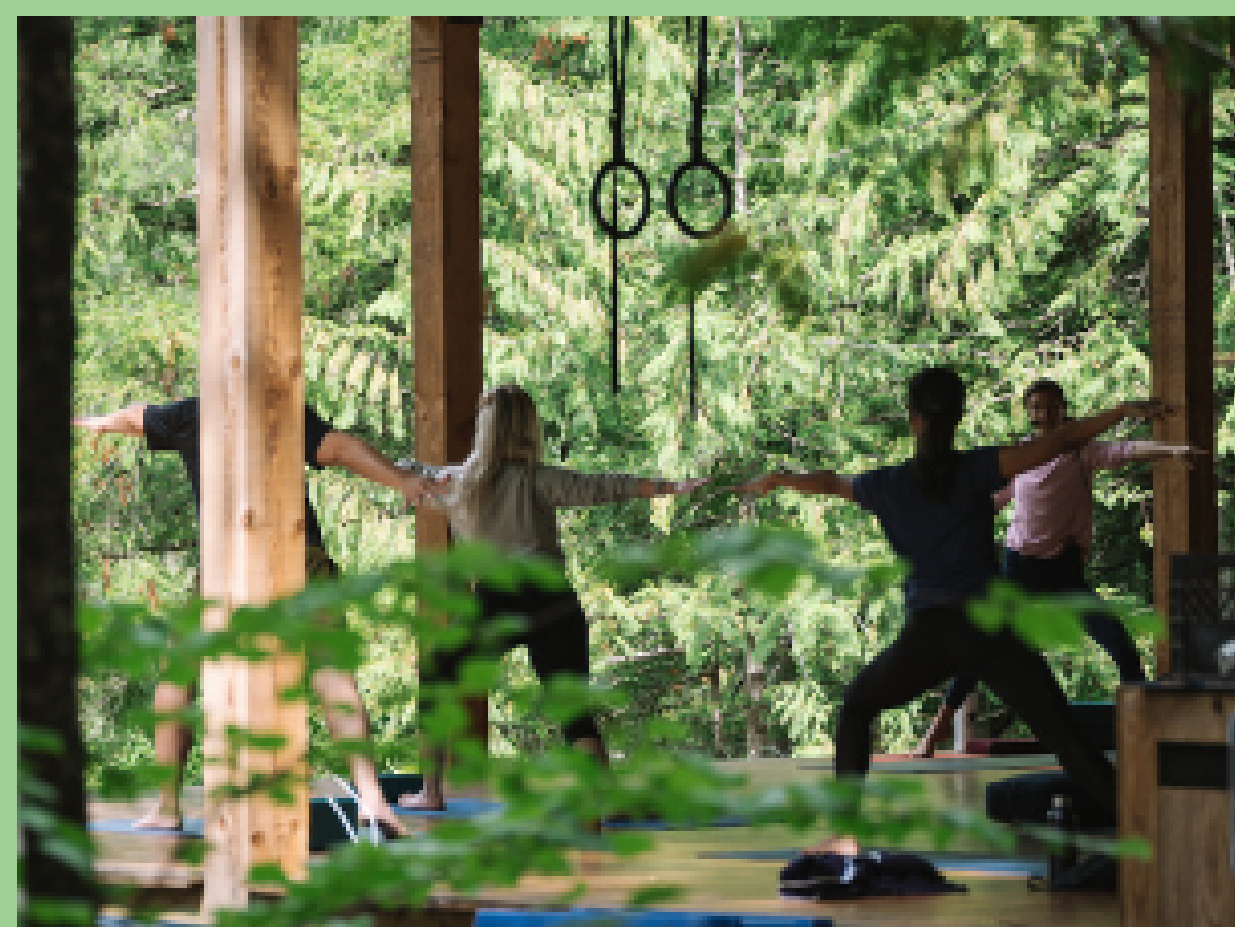
- 7:00 am - Yoga + Meditation class
- 8:15 am - Breakfast
- 10:00 am - River Rafting (9:00am-1:15pm \*add-on) - or \*Free time.
- 1:15 pm - Lunch
- 2:30 pm - Workshop - Hormone Balance
- 3:30pm - Beach lounge or \*Free time
- 5:00pm - 30-min Hit class
- 5:45 pm - Group Activity/Game
- 7:00 pm - Dinner
- 8:30 pm - Strengthen & Lengthen Class
- 9:00 pm - Campfire or Hot tub



### Day 4 – Departure Day (July 21st)

- 7:00am - Morning Yoga (or Sleep in;)
- 8:15am - Breakfast
- 9:00am - Closing ceremony/Group reflections.
- 10:00am - 30-min Tabata Class
- 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.**





## ~ 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 breath work.**



# 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."*



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**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 .



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## ~ ADDITIONAL DETAILS ~

### WELLNESS WORKSHOPS

#### BREATH WORK + PELVIC FLOOR HEALTH:

Learn about the dynamic relationship between the diaphragm and pelvic floor, and how breath work can help us to optimize strategic exercises toward our toning goals, optimal function, increased energy and overall vitality. Includes a educational presentation and a guided practice.

#### HORMONE BALANCE:

To explore how our chemical messengers in the body can become imbalanced, and how it impacts our health on various levels, from our sleep, metabolism and weight balance, stress, mood, cognition, and more. Learn strategies to rebalance our body's natural communication system and how you can apply them in real life.

### 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*