

Woodland Wellness by the Beach



Woodland Wellness by the Beach offers a three-hour escape from the busyness of life, where participants can fully immerse themselves in the beauty of Wasaga Beach's forests and shores and take in the many gifts that nature offers. Rather than focusing on physical activity or hiking, this wellness retreat is about allowing nature to nourish us as we set aside time to slow down, relax, and reconnect with ourselves in the vast and limitless support of the natural world.

Interactive and experiential, this Woodland Wellness retreat encourages engagement with the forest by using our senses to take in the sights, sounds, smells, and textures of the natural surroundings. Through Raven's gentle guidance, participants will experience a guided forest walk, hands-on learning, soul-nurturing rituals, silent meditation, and other enriching experiences designed to reduce stress and promote self-awareness and well-being.

- Discover your Tree Personality using the wisdom of Celtic Tree Astrology.

- Explore the connection between mind, body, and spirit through the Ancient Ritual of Smudging.
- Elevate your Nature connection with the use of Therapeutic Essential oils.

If you're looking for a meaningful and inspiring experience, you've come to the right place.

Where does this program take place?

Woodland Wellness by the Beach – Wasaga Beach, Ont.

How much does the program cost?

3 hrs: \$65 p.p. groups 4 or more / \$80 p.p. minimum 2 people (adults only)

About your guide:

Raven is an accomplished public speaker, storyteller, outdoor educator, musician, and author. She skillfully combines her diverse talents and passion for the environment to create a one-of-a-kind experiential learning experience. Raven's approach fosters peace and potential, enriching the knowledge and appreciation of the natural world. Her invitations to return, reflect, release, and reclaim connections to the land have resonated with countless individuals on their own journeys of self-discovery and empowerment. For more on Raven please visit www.ravenspeaks.ca