

CALM HARBOUR

A Weekend of Cultivating
Mindfulness & Wellness

3 ~ 6 October 2024

Cliff's Edge Retreat, Tors Cove, NL



Invest in the future you by gifting yourself a wellness weekend at the luxuriously-inspiring Cliff's Edge Retreat in Tors Cove, NL.

Join mindfulness trainer, Dr. Brian Dower, and other expert guides and speakers in custom workshops, guided coastal hikes, soothing yoga, and other activities. Nurture your heart and awaken your mind with skills to last a lifetime.

See pg 8 to reserve your spot!



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This is for you...and the future you

Escape the hustle and bustle of everyday life and immerse yourself in a transformative experience at this stunning coastal retreat. Nestled on the edge of the Atlantic, this award-winning cliffside sanctuary provides the perfect backdrop for an enriching adventure with benefits that will last long after the weekend ends.



Why Choose This Coastal Retreat?



Enrich your life with mindfulness under the guidance of **Dr. Brian Dower**, founder of Lumen Mindfulness. Brian will lead you through practical techniques, to help you find tranquility amidst life's chaos. Add in soul-loving yoga, guided hikes, interactive workshops, and delicious downtime, and it becomes a weekend for you to create your own "calm harbour" that can keep growing long after this weekend ends.

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Curated Yoga Classes

Reconnect with your body and mind through gentle yoga classes set against the backdrop of the Atlantic at Ocean Garden Yoga. **Kate Connors**, our experienced instructor, will guide you through calming poses and relaxation techniques in her stunning beach-side studio just down the road from our luxury retreat centre.



Guided East Coast Trail Hikes

Wander with us along rugged Newfoundland shorelines, breathe in the invigorating sea air, and let the waves be your meditation soundtrack. **Stan Cook**, of Rock and Water, will unveil the secrets of the East Coast Trail's beauty.



Local experts....



Cultural food ambassador, educator, storyteller.

Join Lori McCarthy, a devoted Newfoundlander cultural food ambassador, hunter, forager, and educator. Immerse yourself in her profound love for culture and the culinary treasures sourced from the land. Explore alongside her as she unveils the abundant gifts of nature, fostering resourcefulness, connectivity, and a harmonious relationship with the land during an interactive workshop.

Delicious Culinary Delights

Indulge your taste buds in a gastronomic journey of delectable cuisine of local recipes. Our private chef will craft mouthwatering meals that nourish both body and soul, ensuring every bite is a celebration of flavour.



And there's more....

Inspiring Guest Speakers...

Explore the beautiful connection between living with intention and mindfulness in a workshop led by ex-pat NL'er **Carolyn Buccongello** of Lighthouse Career Solutions. With nearly 30 years of experience in senior leadership roles at Microsoft and Shopify, Carolyn draws on her expertise to guide you towards unlocking your potential. Discover what truly matters to you in the coming years, and through simple tools and quiet reflection, design a path forward that leaves you both excited and content.



Join **Nycki Temple** for a soothing session of sound healing with her singing bowls which promote relaxation, reduce stress, and restore balance within the body. The calming tones and vibrations of the bowls induce a meditative state, which encourages steadiness of mind and body.



About Dr. Brian Dower...

Demystifying Mindfulness

Meet **Brian Dower**, a retired chiropractor and a proud Newfoundlander, your guide into the realm of mindful attentiveness. Join his daily mindfulness workshops, carefully crafted to elevate your awareness of both novel experiences and cherished comforts in ways you never envisioned.

Brian will introduce you to a variety of mindfulness skills and techniques in focused tutorial sessions, seamlessly integrating them into your routine during hikes along breathtaking ocean trails, sunrise and moonlight meditations, as well as during the moments of shared meals and yoga.

And if you're worried that meditation and mindfulness might not be for you, we understand. These techniques were specifically chosen to appeal to both those new to mindfulness and to those with some experience already. Rest assured that the material introduced here is research-based, practical, fun, and easy to both learn and incorporate into your daily life so that the benefits of mindfulness can become a reliable part of your future days.

See what others are saying [here](#).



About Cliff's Edge Retreat

Luxury on the cliffs....

If you've only heard about the magic of Cliff's Edge Retreat in beautiful Tors Cove, but have yet to visit, then you're in for a treat.

We chose this destination to host this retreat because of all that it brings to the table: decadent accommodation options for you to choose from, jaw-dropping cliffside scenery, and magical nature experiences at your doorstep to reboot that mind of yours. Select the option that works best for you: stunning rooms in their lodge, or a cottage or cliffside house. Select upgrades for a hot tub, maybe a fireplace, or even a cliffside sauna.



Fees for 3 night **Calm Harbour** weekend: Retreat fee + Accommodation fee

RETREAT FEE: \$895 + tax per person*:

- **Five** instructional workshops and **six** mindfulness sessions with Dr. Brian Dower of Lumen
- **Nine** delicious meals prepared by a private chef, using local delicacies
- **Opening and closing events** to kick off and conclude the retreat
- **Two** yoga classes with instructor Kate Connors at Ocean Garden Yoga Studio
- **Two** guided mindful coastal hikes, including a hike to Lamanche
- **Workshops** with Lori McCarthy, Nycki Temple, and Carolyn Buccongello
- Guided **writing exercise** for reflection on incorporating mindfulness into daily life
- **Free time** for relaxation at Cliff's Edge...or maybe in your own hot tub, fire pit, or sauna (if you choose these accommodation upgrades available)

ACCOMMODATION FEE: From \$495 + tax, per room

- Choose your own level of accommodation at Cliff's Edge Retreat
 - With a selection of lodge rooms, cottages and cliff houses to select from, we've decided to let you pick the suite that best suits your needs and dreams
 - Multiple suites have multiple beds; works well if you're coming with friends to share costs
 - Decadent upgrade options include suites with private outdoor **spa hot tubs, cliffside saunas, &/or fire pits**
 - **Base accommodation price for all 3 nights start at \$495 + tax** (thanks to the owners of Cliff's Edge Retreat for offering us 20-30% discounted room rates for participants of this retreat)
- Contact Cliff's Edge for all the decadent options.**

Call 709-700-2115 (or email booking@cliffsedgeretreat.ca) to book The Calm Harbour retreat & choose your accommodation.

***Conditions apply.**