

3 NIGHT LUXURY RETREAT

16-19 OCT '25



3 NIGHT WELLNESS WEEKEND AT THE STUNNING CLIFFS EDGE RETREAT



Let us look after you...

This October, join us at this spectacular sanctuary on the cliffs of Tors Cove for 3 days of mindfulness and curated wellness workshops with **Dr. Brian Dower** of **Lumen Mindfulness**. We've assembled incredible guest speakers, guides & workshop leaders to bring you a transformative weekend that promises to rejuvenate mind and body.

From \$1365+HST

- 3 nights' accommodation in stunning suites, with many upgrades available
- 3 Chef-inspired meals each day at on-site **Forager Restaurant**
- Daily mindfulness workshops with **Dr. Brian Dower**, plus....
- Cultural experience workshop with **Lori McCarthy**
- Yoga with **Kate Connors**
- Forest Bathing with **Tina White**
- Guided hike with **Stan Cook**
- Intentional Living workshop with **Carolyn Buccongello**
- Sound Bowl meditation with **Nycki Temple**

Cliff's Edge Retreat

There's absolutely no place like this place, and if you haven't been yet, you're in for a treat. Unparalleled accommodations on the shores of the Atlantic. Your stunning lodge suite is the perfect place to relax and unwind at the edge of the earth. Or upgrade to get your pwn cliffside cottage with hot tub and/or sauna.



More at: LumenMindfulness.ca and CliffsEdgeRetreat.ca

Fees for 3 night **Calm Harbour** weekend:

Retreat fee + Accommodation fee

Starting at \$1365 (combined retreat+accom's)

RETREAT FEE: \$990 + tax per person*

- **Five** instructional workshops and **six** mindfulness sessions with Dr. Brian Dower of Lumen
- **Eight** delicious meals at The Forager Restaurant
- **Opening and closing events** to kick off and conclude the retreat
- Yoga class with instructor Kate Connors of Ocean Garden Yoga Studio
- Guided mindful coastal hike, plus a forest therapy session
- **Workshops** with Lori McCarthy, Nycki Temple, Tina White, Stan Cook and Carolyn Buccongello
- **Free time** for relaxation at Cliffs Edge... maybe enjoy your own hot tub, fire pit, or sauna (if you choose these awesome accommodation upgrades)

3 night ACCOMMODATION FEE: From \$375 + tax, per room

- Choose your own level of accommodation at Cliffs Edge Retreat
- With a selection of lodge rooms, cottages and cliff houses to select from, you can 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 \$375 + tax** (thanks to the owners of Cliffs Edge Retreat for offering us discounted room rates for participants of this retreat)

Contact Cliffs 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.**