

**Option #4**  
**Coastal NL**

## **Newfoundland Through a Mindful Lens** **Epic 6 Night Travel Adventure!!**

**29 Sept - 4 October 2025**

**It's BACK! After a hugely successful inaugural launch in 2023, we're delighted to invite you again to experience Newfoundland Through a Mindful Lens.**

**Discover the wild beauty and ancient landscapes of this remarkable island, guided by local experts and myself. During this immersive journey, you'll awaken your senses through daily mindfulness instruction session, combined seamlessly with uniquely Newfoundland experiences, such as a curated tour of historic St. John's, sunrise meditation at the easternmost point in North America, and hikes along spectacular coastal paths such as the renowned Skerwink Trail, guided by a knowledgeable geologist. If 2023 was any indication, you're in for a world-class treat.**



***Year 2!***



## OPTION #4

### NL 6 NIGHT ADVENTURE - CONTINUED

We'll experiment with a mindful movement class tailored to the group's needs, and open up options for the culinary delights of the island. And the accommodations we've chosen for this decadent experience? Simply exceptional.

You itinerary includes:

- 3 nights at the spectacular Fishers' Loft Inn, Port Rexton
- 3 nights at 2 boutique St. John's hotels
- Daily mindfulness sessions and nightly recaps with Dr. Brian Dower
- Guided hikes, cultural experiences, yoga class, and other mindful explorations
- Scenic guided driving tours of St. John's and the Bonavista Peninsula,
- All breakfasts and 4 dinners included, as well as in-province transportation on our own motorcoach

Pricing:

- Double occupancy: \$4299 + HST per person
- Single occupancy: \$5437 + HST per person

Let us care for you while you reconnect with yourself and this extraordinary place.

