

Welcome to Gaia Wellness Retreat

Rental Package 2017 - 2018



Gaia Wellness
RETREAT

Thank you for your interest in Gaia Wellness Retreat

John and Billie would like to welcome you to this tranquil retreat nestled on 55-acres of forested property just 15 minutes north of Wakefield, Quebec. Hosting Corporate/ Group Retreats, Workshops, Weddings, Events, Cabin Rentals, Camping, and Private Functions.

info@gaiawellness.com

613-894-GAIA (4242)



Accommodations

At Gaia Wellness Retreat we can accommodate up to 16 guests in our cabins and a private guest room in the lodge with a full bathroom just off the Yoga Studio, often used by the facilitator for it's convenience. More space is available if guests are sharing a bed or if guests would like to camp outdoors or in the yoga space overnight. We have 4 beautiful winterized cabins each with their own screened porch. Cozy and quiet, you are sure to get a good night's sleep!

Shiva and Parvati

- Each of these cabins sleep 4-7 people
- 3 doubles and 1 single

Shakti

- Sleeps up to 4-6 people
- 2 doubles and 2 singles

Samadhi Cabin

- Sleeps 3-4 people
- Small kitchenette with mini-fridge, toaster, coffee pot, dishes & utensils
- Wood-burning fireplace
- 2 recliner chairs to cozy up in next to the fire
- Loft bedroom with 2 single beds
- Pull out double bed
- Newly built
- Private HoneyPot Outhouse



Each cabin is fully outfitted with linens, cozy blankets, plush towels and luxurious pillows to enhance your stay. Our clean and environmentally friendly HoneyPot Outhouses are easily accessible to each cabin and guests have 24 hr access to our indoor change rooms with beautifully tiled, floor-to-ceiling showers.

Private Cabin Rentals

Includes Continental Breakfast, Sauna, and 1 Yoga/Meditation Class Per Day
Full meal service (lunch & dinner) available at an extra cost.

1 cabin	1-2 people		\$120/night
1 cabin	3-4 people	(\$50 per additional person over 4)	\$175/night

Weddings & Events

GWR offers a stunning and unique beachfront wedding venue near Wakefield Qc. Your special day will be filled with romance, love and the natural beauty of the Gatineau Hills, made complete with picturesque views and the beautiful backdrop of Petit Lac Usher.

From festivals and milestone birthdays to family gatherings and baby showers, just about any sort of event can be held at Gaia Wellness. With GWR's landscaped grounds and serene surroundings, your event will be unforgettable!

Includes base of up to 50 guests

\$25/additional guest over 50

Grounds + exclusive use of the facility

\$2200/day/ 7am - 10pm

Grounds + exclusive use of the facility & cabins

\$4500/night

We only accommodate plant-based, vegan & vegetarian weddings.

\$175 surcharge for rental of GWR wedding arch



Camping

During warmer weather there are two campgrounds on GWR's property with large flat campsites great for pitching any sized tent. We also have many private spots under the trees for smaller tents.

Each campground has it's own honeypot outhouse and easy access to our sandy beach and hiking trails.

GWR offers 3 fire-pits, 1 by the lake, 1 in the campground and 1 by the cabin area.



PER PERSON/PER TENT + \$25 PER ADDITIONAL PERSON

Provided Tent

GWR offers provided tents of different sizes. Each provided tent includes a camp mattress, linens, luxurious pillows and plush towels.

\$110/night

BYOT

Guests can also choose to bring their own tent and supplies.

\$85/night

Add Breakfast, 1 Yoga Session Per Day & Sauna

\$40/day per person

All camping site rentals include full use of the GWR property including our yoga room, walking trails, meditation gardens, use of fire pit(when safe) and firewood, open beach, kayaks, canoe and free wifi.

Extras

Sauna Rentals

\$50/3 hrs

Group Snowshoe Rent (We can provide 15 Snowshoes)

\$50/day

Private Snowshoe rental

\$20/day

Snowshoe Guide

\$50/2hrs

Reiki session

\$85/hr

Private yoga class (60-90 min)

\$108/session

Massage (minimum 2 massage bookings)

\$90/hr.

Hiking guide

\$50/2hrs

Plant-based, Vegetarian Cafe

At GWR we are a plant-based, lacto-ovo vegetarian facility that believes in fresh, whole foods that are locally sourced when possible. Beyond eating well for ourselves, our vegetarian facility supports animals and the environment. We are fortunate to live in an area with many local organic farmers and are proud that we grow our own organic veggies as well. We're are happy to accommodate your dietary needs such as vegan, raw vegan, gluten-free, or nut free. Please let us know of any allergies ahead of time.



If you are interested in having your retreat catered, GWR would be happy to provide our very own vegetarian/vegan chef that we highly recommend. Our staff can assist with organizing the catering if you wish or you can bring in your own caterer. You will have exclusive use of our commercial kitchen.

Prices vary depending on the size of your group, please contact us for details.

Our Yoga Space

Our 780 square foot yoga space is perfect for workshops, teacher trainings, group retreats, and private yoga sessions. This space can accommodate up to 20 students and 1-2 teachers comfortably. It comes fully equipped with mats, blocks, blankets and meditation cushions.



Booking

We require a minimum one night stay for private cabin rentals/camping and a minimum 1 night stay for group rentals.

Deposit

We require a \$200 deposit upon booking. The remaining amount is due one week prior to arrival.

Cancellation Policy

We understand that unexpected events or occurrences may affect your visit to Gaia Wellness Retreat. If your cancellation notice is received 21 days prior to your arrival we will refund your \$200 deposit minus a \$75 admin fee.

For last minute cancellations, please contact us to discuss the possibility of rescheduling your stay at Gaia Wellness Retreat, minus the admin fee. You will have up to one year to rebook your stay with us. If you fail to book within one year of your original booking then you will forfeit your deposit.

For Instructors - Organizing your Retreat

If this is your first time organizing a retreat or even if you are an experienced pro, GWR would be happy to assist you with creating a schedule that flows, advertising your retreat and organizing your caterer. GWR will advertise your event on our Website and Social media pages. Please contact Billie billie@gaiawellnessretreat.com for assistance and to discuss ideas for your next retreat.

Instructors are asked to contact Billie either by phone 613-894-GAIA (4242) or email billie@gaiawellnessretreat.com one week prior to your scheduled retreat in order to finalize payment, confirm details including the number of guests expected, your finalized schedule, catering details (including any special dietary requests) and any special accommodation requests. We also ask that you arrive prior to your guests and meet with Billie or the caretaker to check in and go over any final details.

Directions to Gaia Wellness Retreat

GWR can be found on Google Maps, MapQuest and most GPS systems by simply searching Gaia Wellness Retreat or if your GPS requires an address please search for 209 Chemin Usher, La Pêche Quebec JoX 1A0

We are located less than 1 hr from Ottawa, ON, 4.5 hrs from Toronto, On and 2.5 hrs from Montreal, QC.

Bring your own Yoga Teachers or we can provide:

Robert Hay

Founder of both the Rama Lotus Yoga Centre & The Yoga Garden Retreat. As one of the most experienced teachers in Ottawa, Robert is available to lead Kundalini Yoga, Classic Hatha Yoga, Restorative Yoga and much more.

Robert Hay, M.A., is a Certified Hatha Yoga and Kundalini Yoga Instructor and a 500-hour member of the Yoga Alliance and the International Kundalini Yoga Teacher's Association (IKYTA). Robert has been practicing yoga and meditation for twenty five years and has taught over 3,000 yoga classes, workshops, yoga retreats, private consultations and 15 plus Kundalini and Hatha Yoga and Restorative Yoga Teacher Training programs. Robert is a fountain of knowledge and always finds a way to teach what is needed at the right time.

Robert makes a great teacher for Corporate/Group Yoga Retreats and offers Private Yoga Instruction (\$108/session).

Billie Hillis

As the new Owner/Director of the Gaia Wellness Retreat, Billie is a Certified Yoga Instructor, trained in Kundalini Yoga, Classic Hatha and Yin Yoga as well as Yoga for Addictions.

Billie is known for her authentic, non-judgmental teaching style and compassion-centered philosophy. For the past 15 years Billie has been availing herself to continuous philosophical education from various spiritual disciplines, Billie weaves thought-provoking meditations throughout her classes, applying ancient wisdom to our contemporary western world in a useful and understandable way. She encourages growth of the physical and spiritual self, citing the interconnectedness to each other, to the world and to the universe at large.



What to do at Gaia Wellness Retreat

There are many activities to enjoy during your stay at YGR

- Enjoy a campfire by the lake
- Go for a walk on one of our walking trails
- Relax in a screened-in hammock
- Go for a swim in our semi-private lake
- Take one of the kayaks out for a tour
- Enjoy a canoe ride
- Practice yoga and/or meditation in our yoga space or outdoors in many of our secluded areas
- Play volleyball or frisbee
- Curl up with a book in any of our screened-in porches

Or if you would like, scenic Wakefield Qc is only a 15 minute drive away and there is always plenty happening.

We recommend dinner at Le Hibou (they make a great veggie burger), a walk along the old railway tracks and some shopping at Jubilee Gift Shop.

Here are some links for ideas of what to do in scenic Wakefield Qc

<http://wakefieldquebec.com>

https://www.tripadvisor.ca/Attractions-g681182-Activities-Wakefield_Outouais_Region_Quebec.html

<https://wakefieldinn.ca/things-to-do-in-wakefield-quebec/>

http://www.quebecgetaways.com/wakefield_festival-activite-attraction-evenement

Karma Yoga and Scholarships

At Gaia Wellness Retreat we believe everyone deserves a chance to connect on a deeper level with their true selves which is why we offer Karma Yoga stays as well as Program Scholarships for those experiencing financial difficulties.

For more details on whether you qualify for these programs please contact us directly at info@yogagardenretreat.com.

Namaste, The Gaia Wellness Retreat Team