

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@gaiawellnessretreat.com

613-894-GAIA (4242)

Why Corporate Yoga & Wellness?

Corporate Yoga is part of a growing trend in business that focuses on employees health and wellness. Many employers are experiencing reduced health insurance rates and more productivity in the workplace by equipping their employees with tools to reduce stress, tension and anxiety on and off the workplace.

“Always put people first, for without them, there is no organization”

David Sikhosana

Here are a few benefits of how corporate yoga and wellness programs can increase productivity and focus in your organization:

- relieve tension
- boost employee morale
- increase teamwork among employees
- higher job satisfaction
- reduce anxiety and stress
- improve clarity and focus
- reduce employee absenteeism
- promote health

Corporate Yoga & Wellness Days

Sample Packages: (based on 20 participants) + \$25 per person over 20

All prices are subject to applicable tax

Relax - Exclusive use of the grounds and main lodge 8am - 4pm

\$600

This package includes:

- plant-based/vegetarian refreshments,
- 1 yoga/meditation class
- Full meal service available at an extra cost

Rest - Exclusive use of the grounds and main lodge 8am - 4pm

\$1200

This package includes:

- morning refreshments
- a plant-based/vegetarian lunch
- 2 yoga/meditation classes

Rejuvenate - Exclusive use of the grounds and main lodge 8am - 8pm

\$2200

This package includes:

- plant-based/vegetarian lunch
- morning and afternoon refreshments
- 2 yoga/meditations classes
- 1 team-building activity led by GWR or team leader
- 1 planned activity to be chosen from provided list
- End of day bonfire or sauna

Renew - Exclusive use of the grounds, main lodge and cabins 8 am - 11am following day \$3500

This package includes:

- plant-based/vegetarian lunch
- morning and afternoon refreshments
- continental breakfast
- 2 yoga/meditations classes
- 1 team-building activity led by GWR

- 1 planned activity to be chosen from provided list
- end of day bonfire or sauna
- Sunset yoga/meditation
- Overnight accommodations with linens provided for up to 18 in shared cabins



Sample schedules for a corporate day retreat

Relax - Yoga day

8:00am - Arrival, tea/coffee, introductions, tour

9:00am-10:30pm- Experience a yoga class customized to your team's ability level and experience

10:45am - 12:15pm- Free time

12:30pm - 1:30pm Lunch time - bring your own Vegetarian/Vegan lunch or we can provide a locally sourced plant based lunch at an extra cost

1:30pm- 3:00pm - Free time to explore the grounds, lounge in one of the rest areas or enjoy, hiking or swimming or other outdoor activities. This can also be a time for your group to organize your own activity

3:00pm - 4:30pm – Restorative (gentle yoga)

4:00pm-5:00pm – Closing & Departure

Renew - Yoga and Team building

8:00am - Arrival, tea/coffee, refreshments, introductions, tour

9:00-10:30am- Experience a yoga class with a theme related to supporting your team building goals

10:45 - 12:15pm- First team building activities – fun, group oriented- led by Gaia or Team Leader

12:30-1:30pm- Enjoy a catered, locally sourced, Vegetarian/Vegan lunch

1:30-2:30pm- Second team building activities led by Gaia or Team Leader

3:00 - 4:00 - Planned activity

4:30 - 5:30pm – Restorative (gentle) yoga or free time

6:00 - 7:00 - Enjoy a locally sourced, plant-based dinner

7:00 - 8:30 - Sauna, bonfire, free time

8:30 - 9:30 - Sunset Yoga

11:00 pm - Quiet time

7:30 - 9:30 - Following day - Continental Breakfast

11:00am Check out

Design your own corporate day

It's important to have a goal in mind when designing your Corporate Retreat.

Whatever you want to achieve, we will work with you to customize your schedule to meet your team's specific needs with a variety of programs/activities.

Accommodations

All prices are subject to applicable tax

Cabins

At Gaia Wellness Retreat, we can accommodate 16 guests in single occupancy or up to 26 if beds are shared. Each cabin sleeps 4-7 people. We offer a private guest room with full bathroom beside the Yoga Studio in the main lodge. This guest room is often used by the facilitator of events.

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 cabin sleeps 4-7 people.
- 3 doubles and 1 single

Shakti

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

Samadhi Cabin

- Sleeps 3-4 people
- Small kitchenette with mini-fridge, toaster, coffee pot, dishes and utensils

- Wood-burning fireplace
- 2 recliner chairs to cozy up next to the fire
- Loft bedroom with 2 single beds
- Pull out double bed
- Newly built
- Private 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 hour 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

Group Cabin Rentals

Packages: (based on 20 participants) + \$25 per person over 20

Includes use of all amenities, sauna and linens provided

Exclusive use of facility - 8am-4pm

\$600/day (meal service available at an extra cost)

Option to extend until 8pm - \$200

All 4 cabins & exclusive use of the facility

\$1250/night (Includes all meals)

\$900/night (Without meals)

We recommend retreat leaders charge a rate of \$350 - \$425 + tax/weekend

Camping

Prices are based on 2 people per tent + \$25 per additional person

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 its own honeypot outhouse, central fire pit and easy access to our sandy beach and hiking trails.

Provided Tent from Gaia- GWR offers provided tents of different sizes. Each provided tent includes a foam 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.

Prices are per person and are subject to applicable tax

Extras

Sauna Rental	\$50/3 hrs
Group Snowshoe Rent (15 pairs of Snowshoes)	\$15/day/per person
Private Snowshoe rental	\$20/day
Snowshoe Guide	\$50/2hrs
Reiki session	\$85/hr
Private yoga class (60-90 min) with Robert Hay	\$108/session
RMT Massage (minimum 2 massage bookings)	\$90/hr
Hiking guide	\$50/2hrs

We also offer a full list of available activities and services to choose from.

Please contact us for more details.

Plant-based, Vegetarian Cuisine

At GWR we are a 100% 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 vegetables 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 vegetarian chef. 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.

Group Rentals - Terms & Conditions

Booking

We require a minimum one night stay for private cabin rentals/camping and a minimum 2 night stay for overnight group rentals.

Deposit

We require a \$200 deposit upon booking. The remaining 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 at billie@gaiawellnessretreat.com for assistance and to discuss ideas for your next retreat.

Instructors are asked to contact Billie either by phone or email 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 Québec J0X 1A0

We are located less than 1 hr from Ottawa, ON, 4.5 hrs from Toronto, Ontario and 2.5 hours from Montreal, Québec.

Bring your own Yoga Teachers or we can provide:

Robert Hay

Robert, founder of both the Rama Lotus Yoga Centre and the Yoga Garden Retreat and is a Senior Yoga Instructor at Gaia Wellness 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 founder 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. 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.

Chantal St-Amour

As the new Executive Assistant of Gaia Wellness Retreat, Chantal is a Certified Hatha and Yin Yoga Instructor. After working as a high school teacher for many years, she chose to fully devote herself to her passion for yoga, mindfulness and wellness. Her personal and professional realities have proven to her that life's challenges have a direct impact on the individual and his surroundings on psychological, spiritual, physical and emotional levels. Yoga & Mindfulness give her balance of mind, body and spirit. Chantal is also certified in Reiki, Thai Yoga Massage and in Mindfulness Techniques. A forever student, she is always ready to learn and to excel. Her mission is to serve each client by offering customized, accessible and creative classes and by respecting every individual's personal journey.

"Focus creates expansion."

Danielle Laporte

Visit our website to meet more members of our fabulous team. All our Yoga Instructors and Wellness Professionals are available for Private Sessions as well as Corporate Yoga.

What to do at Gaia Wellness Retreat

There are many activities to enjoy during your stay at GWR

- 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; "Petit Lac Usher"
- 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 covered hammocks
- Snowshoe on one of our walking trails

Or if you would like, scenic [Wakefield, Quebec](#) 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, Quebec and area

<http://wakefieldquebec.com>

[https://www.tripadvisor.ca/Attractions-g681182-Activities-Wakefield Outaouais Region Quebec.html](https://www.tripadvisor.ca/Attractions-g681182-Activities-Wakefield-Outaouais-Region-Quebec.html)

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

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

<http://www.fermelaventure.com/dog> - dogsledding in Low, Quebec

<https://campfortune.com/en/>

<https://www.sommets.com/en/ski-mountains/sommet-edelweiss/>

https://www.skivorlage.com/e/welcome_e.shtml

<http://www.captivafarms.com/> - horseback riding experience

<http://golfedelweiss.wixsite.com/golfedelweiss>

<https://www.montcascades.com/en/>

<https://montcascades.ca/ski/>

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@gaiawellnessretreat.com

Namaste,

The Gaia Wellness Retreat Team

“Always put people first, for without them, there is no organization”

David Sikhosana