

)O(Stone Hill Week-End Retreat



Unplug from the stress of everyday life and join us for a weekend in nature to rest, reflect and re-energize.

This retreat is designed for small groups of individuals who wish to spend time in nature with like-minded others exploring a refreshed state of mind. Come with a friend, your partner, or on your own.

The Experience

Arrive at your leisure on Friday evening and join us for a welcome reception starting at 7:00 P.M.

Participate in regular and pleasant guided activity including a Bruce Trail hike from Eugenia Falls to Hoggs Falls; trail walk through the woods or country roads; sunrise and sunset guided meditations; instructor led yoga class and energy balancing workshop. In the evening, sit around the fire pit and share your experiences.

You may also try a new fitness routine or continue your practice by taking a yoga, tai chi, qi gong, nia or belly dancing DVD class in our spacious studio. Take a bike ride on the quiet country roads or just spend some time being present, enjoying silence and taking time to reflect and journal.

Following a hearty brunch served mid-morning on Sunday, you will depart at your leisure feeling refreshed and renewed.

The cost for the weekend is \$200 per person plus HST double occupancy and \$295 per person plus HST for single occupancy. Included are hearty and healthy buffet style meals, refreshments and all activities.

Please contact us for further details and to reserve your spot.

Email: info@189stonehillroad.com or call: 519-369-7209