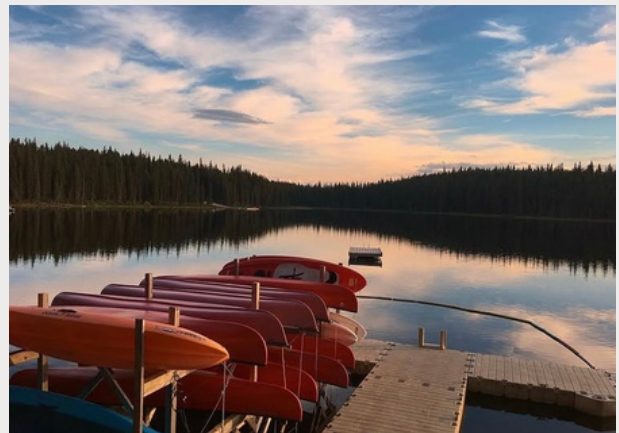


FALL WELLNESS RETREAT



WEST OF NORDEGG, ALBERTA



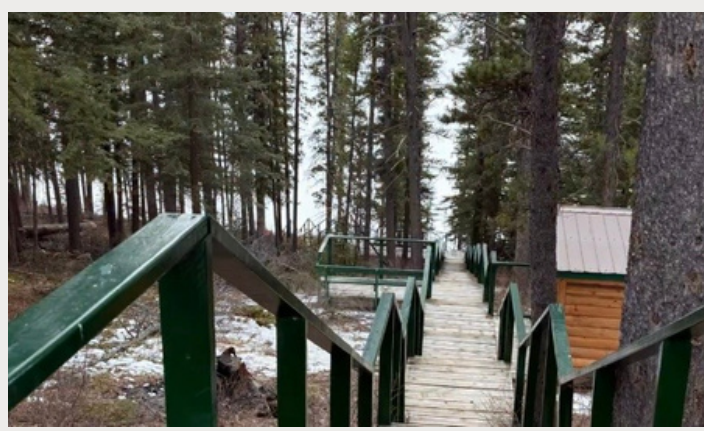
**HOSTED AT GOLDEYE LAKE
MOUNTAIN RESORT**

September 25-27, 2026

Falling into Alignment Wellness Retreat

As nature prepares for transition, the colourful leaves fall and we begin our shift into a quieter time. This Retreat offers a space to reconnect with yourself and realign with what truly matters. This immersive experience surrounded by nature includes nourishing meals, rejuvenating time outdoors, yoga, meditation and reflective practices designed to help you slow down, return to balance and gain clarity on what's important. Together we will create space to release what no longer serves you, allowing reconnection to your purpose and intention for the season ahead.





Wellness Investment

Includes 5 meals, group guided sessions,
2 nights accommodations:

2 options (both in a private room with en-suite):

Individual before March 31 \$1195,
after \$1395



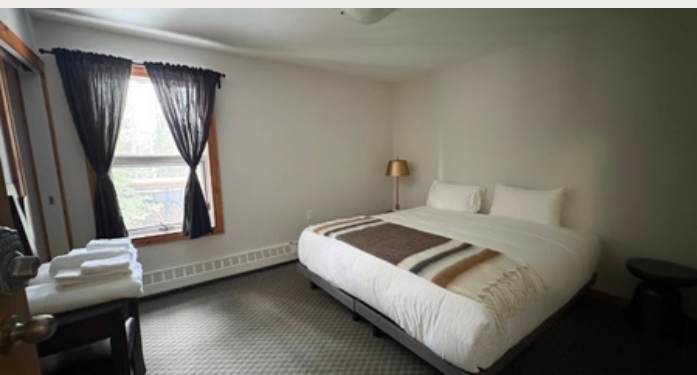
Shared accommodations (1 bed or 2 singles)
before March 31 \$995/person, after \$1195/person



Deposit \$500+GST

Remainder due July 31, 2026

Both are Non Refundable





Your hosts

Shona McGhee and Jeanette Ward
Wellness Advocates, Retreat Leaders,
trained and experienced in Yoga,
Meditation, Rosen Method Bodywork,
Sound Healing, Personal Development
Coaching.

Our commitment

As retreat hosts, we are committed to
creating a safe, welcoming, and nurturing
space for all participants. We will guide
with presence, respect, and care, offering
experiences that support rest, reflection,
and personal growth.