

# Wellness RETREAT

MAY 29-JUNE 1 & NOV 6-9, 2026



4-DAY IMMERSIVE WELLNESS RETREATS TO RECONNECT YOUR BODY, MIND, HEART, AND SPIRIT THROUGH NOURISHING EXPERIENCES, MOVEMENT, AND DEEP RESTORATION.



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Escape to the quiet beauty of the Haliburton Highlands for a 4-day wellness retreat designed to reconnect you with your body, mind, heart, and spirit

Join us at Haliburton Post House:

- May 29 - June 1, 2026
- November 6 - 9, 2026

Enjoy four beautiful days of soul-nourishing, chef-prepared meals and immersive experiences that blend ancient healing practices with modern science (plus a touch of whimsy).

*Each day is thoughtfully curated:*

Day 1 - Heart: reconnect to your purpose + intention

Day 2 - Body: movement, nourishment + happy hormones

Day 3 - Mind: awareness + inner clarity

Day 4 - Spirit: integration, renewal + grounding

Guided by Melissa Tong - a rewilding coach, sound healing practitioner and trauma informed sacred space holder. This retreat is a chance to regulate your nervous system, deepen self-awareness, and return home to yourself.



## *Heart + Body*

### **Day 1: Arrival & Intention Setting**

- Welcome + Orientation Circle
- Sound Bath
  - Grounding into the space
  - Expanding into heart-centered intention

### **Day 2: Body, Beauty & Energy**

#### **Nutritious Movement**

- Gentle, slow movement
- Supports parasympathetic nervous system
- Blend of primitive + functional strength-building

#### **The Alchemy of Touch & the Divine Feminine**

- Part 1: Feminine touch practice
- Part 2: Guided self-facial
  - Featuring Living Libations Best Skin Ever oils

#### **Happy Campfire: Your Happy Hormones**

- Learn the 4 key happy hormones
- Fire analogy for balance + energy
- Tools to "stoke your inner fire"



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## *Mind + Spirit*

### **Day 3: Intuition & Creativity**

#### **Intuition & The Essence of You**

- Part 1: Strengthening your intuitive muscle
- Part 2: Create your own essential oil blend
  - Learn plant properties, meanings + symbolism

#### **Nature Mandalas**

- Part 1: Earth connection + mandala creation
- Part 2: Tarot + Oracle Card readings available

#### **Fireside Reflections**

- Integration + sharing in a cozy setting

### **Day 4: Integration & Closing**

#### **Closing Circle**

- Reflect + integrate experiences
- Turn insights into daily practices
- Light, grounded, and aligned departure

#### ***Daily Flow (Every Day)***

- Morning Yoga or Meditation, Time for rest, Conscious connection, Journaling



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**Investment (all pricing includes meals + gratuity):**

Queen: \$2,250 (single) | \$3,600 (double)

Double: \$1,950 (single) | \$3,300 (double)

King Room: \$2,400 (single) | \$3,750 (double)

King Lakeview Room: \$2,550 (single) | \$3,900 (double)

\*All pricing includes meals & gratuity, excludes alcohol & HST

**Reserve a whole cottage for your friend group!**

**This is your invitation to step away from the noise  
and rediscover your inner sanctuary.**

**Limited spots available.**

**EMAIL:**

**[info@haliburtonposthouse.ca](mailto:info@haliburtonposthouse.ca) to reserve your place!**



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