

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.



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.



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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

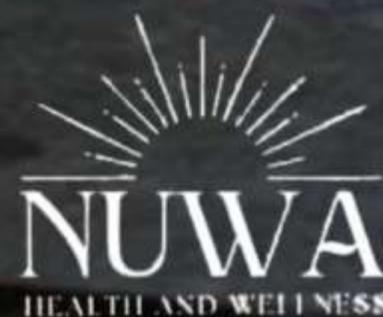
- Part 1: Feminine touch practice
- Part 2: Guided self-facial
 - Featuring Living Libations Best Skin Ever oils

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 Room (Solo): \$2250 total + HST
- Queen Room (Shared): \$3600 total + HST (\$1800 each)
- Double Room (Solo): \$1950 total + HST
- Double Room (Shared): \$3300 total + HST (\$1650 each)

**Additional guest (any room): +\$450/night*

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 to reserve your place!



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