

# Wellness RETREAT


MAY 29-31 & NOV 6-8, 2026

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

  
post house  
HALIBURTON HIGHLANDS

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NUWA  
HEALTH AND WELLNESS





Escape to the quiet beauty of the Haliburton Highlands for a 3-day wellness retreat designed to reconnect you with your body, mind, heart, and spirit

**Join us at Haliburton Post House:**

- May 29 - May 31, 2026
- November 6 - 9, 2026

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

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.



## **Friday**

Arrive and settle in before gathering for a warm welcome circle focused on gratitude, grounding, and intention-setting, followed by a calming sound healing journey to ease you into the weekend.

## **Saturday**

A full day of connection and restoration begins with meditation and nourishing movement, followed by heart-centered workshops, intuitive experiences like tarot readings, and nature-based practices, ending the day with relaxation, reflection, and fireside connection.

## **Sunday**

Close out the weekend with gentle yoga and a creative, intuitive workshop where you'll craft your own essential oil blend, followed by a final lunch and meaningful closing circle before departure.



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

Double: \$1,300 (single) | \$2,200 (double)

Queen: \$1,500 (single) | \$2,400 (double)

King Room: \$1,600 (single) | \$2,500 (double)

King Lakeview Room: \$1,700 (single) | \$2,600 (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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