

Integrative Breath Retreat - Aug 23-26
Intimate setting with 8 participants
Nestled in nature at luxurious accommodation at Bragg Creek
Payment Plans Available

Pre-retreat:

- **Meet and Greet Potluck to build community**
- **Private FB group to connect**

Retreat Includes:

- **3 Facilitated Breath Sessions**
- **Yoga and Callanetics workouts lead by Nicole**
- **Cacao Ceremony**
- **45 Min Massage**
- **Art Therapy class with Professional Artist Charlene Sharpe**
- **Wholesome, Home cooked Cuisine**
- **Private Room with Queen size bed**
- **Ample time to rest, relax, unwind, spend time in nature and play**
- **Retreat has hot tub, steam room, pool table and nature trails**

Post Retreat:

- **2 Group Breath Technique teaching Calls and Q&A**
- **Private Integrative Breath Group to further Community connection**
- **Ongoing private FB group**

Dale and Nicole

604.314.9096 / 403.506.2132 or dalekjoyal@me.com

breathedeeplylaughloudly.com