

Integrative Breath Immersion Retreat - April 24 - 27, 2020
Intimate setting limited to 8 participants
Nestled in nature at luxurious accommodation near Cochrane, AB

Pre-retreat:

- **Private FB group to connect**
- **Individual Coaching Call with Dale and Nicole**

Retreat Includes:

- **3 Facilitated Breath Sessions**
- **Yoga and Core Body workouts lead by Nicole**
- **Kundalini Yoga lead by Dale**
- **Active Meditations**
- **Conscious Communication Exercises**
- **Cacao Ceremony**
- **Sound Healing**
- **45 Min Massage with Massage therapist Amelia Seaton**
- **Wholesome, Home cooked Cuisine**
- **Private Room with Queen size bed**
- **Ample time to rest, relax, unwind, spend time in nature and play**

Post Retreat:

- **2 Group Breath Technique teaching Calls and Q&A**
- **Individual Coaching Call with Dale and Nicole**
- **Ongoing private FB group to stay connected**

Investment: \$1400 All Inclusive Retreat

Payment Plans Available

Dale and Nicole

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