the Natural Destination
healing and wellness centre

Overview of Day Retreats

Day retreats at *the Natural Destination* run from morning until late afternoon at the main lodge and outdoor grounds. Meals and activities are included in the fees as specified. Following are a few notes to assist with your visit to the Centre.

Please note that there are two dogs (Morley and Mylo) that live on site. They are both very friendly but may trigger those sensitive to allergies.

Modalities of Facilitations

- Day retreats at *the Natural Destination* will be a combination of direct facilitative instruction, group and individual discussion, meditation, and some ceremonial activities.
- Although it may be beneficial to have some meditation experience, it is not a requirement for most retreats.
- Some activities may take place outdoors, in the groomed backyard or the forest. Those who have allergies may need to consider this.

Travel and Parking

- *The Natural Destination* is located approximately 50 minutes north of the Perimeter Highway on Hwy 59. Although transportation is not provided, the registration form provides for individuals to both offer transportation to others or request rides to the site. *The Natural Destination* will help to facilitate contacts between those in need and those who can assist with transportation.
- See our Contact page for a map and address with this link:

http://thenaturaldestination.ca/contact-us.html

- There is room to park on site and we ask that people refrain from parking on the street.

Facilities and Grounds

- The main lodge will be the central hub for retreats and include the facilitation room, washrooms, and dining areas. There are multiple areas requiring the ability to ascend stairs.
- The immediate grounds attached to the main lodge are groomed lawns, gardens, and decks for participants to use and enjoy.
- The attached forest has some trails that are in varying degrees of development. You should consider them respectfully and stay to the groomed portions as instructed to avoid mishaps such as getting lost, tripping, poison ivy, or encounters with wildlife.
- The Centre does not currently offer WIFI, but cell connections are relatively good.

Meals and Beverages

- Coffee, tea, and water are available throughout your retreat at *the Natural Destination*. Morning snacks and a full lunch are included with the fees. Of course, you are free to bring your own beverages, however alcohol and cannabis products are not allowed.
- Meals are catered by local small businesses who are all licensed food handling entities.
- Please indicate on the Registration Form if you have dietary considerations. The retreats are typically omnivorous.
- As available and applicable, some natural plant medicines may be offered at no charge.

What Should You Bring?

- Insect repellant and sunscreen.
- Footwear – people like to bring a pair of slippers or indoor footwear for the lodge. Many of the retreats include some outdoor components, so appropriate seasonal footwear is recommended. For your protection we suggest that people not go into the forest with sandaled, bare, or uncovered feet.
- Clothing – bring appropriate seasonal outer wear and consider you may be spending some time outside at the sacred site in the forest. Some people bring a light blanket or shawl for indoor or outdoor use.