



# Women's Wellness RETREAT



**JUNE 9-11, 2017 | LAKE METIGOSHE**

## What's In Store...

Join us for a relaxing escape and quality time with your girls or your mom!  
A getaway full of friends and fun that will leave you feeling transformed.

### FRIDAY, JUNE 9

Check in starts at 3 pm  
Supper at 7 pm  
Mini spa treatment  
Campfire and s'mores

### SATURDAY, JUNE 10

Morning Smoothie & Welcome  
Continental Breakfast  
Yoga with Wendy Giesbrecht  
Light lunch  
Financial Health with Brooklyn Scott  
Pamper Yourself with Angie Hammond, Mary Kay  
Supper at 6 pm  
Paint Night & Wine with Christina Guenther

### SUNDAY, JUNE 11

Brunch with mimosas  
Dream Catcher Workshop  
with Barb Desjardins  
Nature Walk  
Photo Shoot with Michelle Burnett  
No set check out time!



## What's Included...

Two night's accommodation  
Five meals  
All supplies  
Two glasses of wine (Saturday supper & Paint Night)  
One mimosa (Sunday brunch)

Limited accommodation

book early!

Early Bird Discount **\$375\***

Book by April 30 and receive a free welcome gift upon check in!

After May 19: \$425\*

\*Prices are per person, based on double occupancy, and subject to applicable taxes.

More Online @ [www.tmresort.ca](http://www.tmresort.ca)

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