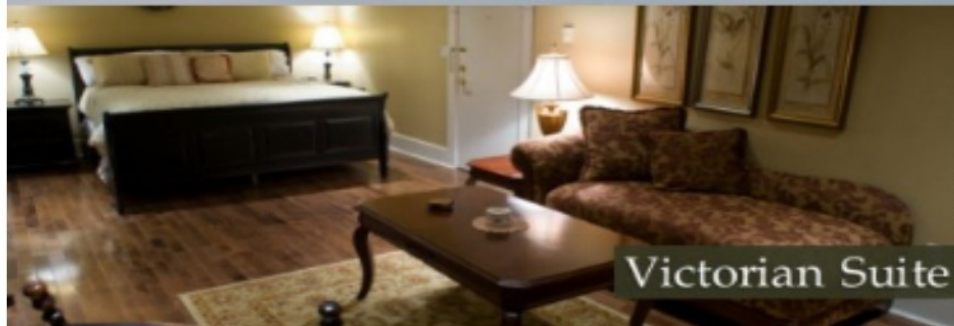


# Relaxation

Nature & Well-Being

All Inclusive \$450/person



## Perth-Andover Recreation Commission RETREAT SCHEDULE

### FRIDAY

4:00-6:00 PM Arrival  
6:00 PM Dinner  
7:30 PM Welcome  
7:45 PM Group Meditation  
8:15 PM Journaling  
Workshop  
8:45 PM Spa/Pool/Hot Tub  
9:45 PM Nightly Tea &  
Relax

### SATURDAY

7:00 AM Morning Yoga  
8:00 AM Light Breakfast  
8:45 AM Guided  
Meditation  
9:00 AM Nature Hike  
Kayaking  
10:30 AM Break  
11:00 AM Kayaking  
Nature Hike  
12:30 PM Lunch  
1:30 PM Pilates  
2:30 PM Spa/Massage &  
Snack  
6:00 PM Dinner  
7:00 PM Reiki  
Workshop  
8:30 PM Nightly Tea &  
Relax

### SUNDAY

7:00 AM Morning Yoga  
8:00 AM Light Breakfast  
9:00 AM Meditation  
9:30 AM Walk with  
Nature  
10:30 AM Break  
11:00 AM Pilates/Spa  
12:00 PM Lunch  
1:00 PM Meditation  
Thank you &  
Departure

**JUNE 9-11, 2017**

**PERTH-ANDOVER, NB**

**CASTLE INN**

**506-273-4844 EXT 200**

**WWW.PERTH-ANDOVER.COM**

\$250 for those staying the night at the hotel