



## Restorative Winter Wellness Retreat

Thank you for signing up for our wellness retreat. We are excited to meet you and spend the weekend together at Spirit Point. If you have any questions, please feel free to contact Shannon Falconi at [globalgroove.nb@gmail.com](mailto:globalgroove.nb@gmail.com) or call at 705.845.0908.

### What To Bring

- Comfortable clothes for Yoga and movement classes
- Running shoes
- Yoga Mat
- Towel and face cloth (facecloth will be used to wash off natural scrubs we make)
- If you have any old magazines, we will be doing an activity with them
- Mason Jar for dip or dressing
- Outdoor warm clothes
- Snowshoes (if want to go on an adventure)
- crochet needle and yarn (there will be some provided to make a hat)
- Open mind and heart

### Directions to Spirit Point

\*\* These are the easiest directions to follow from Trout Creek. Forestry Road is a long dirt road. Enjoy the scenery!

If you have any problems, please call

Shannon 705 - 845 - 0908

Amanda 705 - 358 - 5755

Monique 705 - 498 - 02576

Spirit Point at 705-571-2089 or 705-471-3470

#### **From the North:**

- Travel south on Hwy #11 to Hemlock Road (Trout Creek, ON).
- Exit RIGHT and turn LEFT at the stop sign at the top of the exit ramp.
- Proceed on Highway 522B South approximately 2 km to Main Street.
- Turn LEFT at the **General Store** and go over the train tracks.
- Turn right onto Forestry Road and follow for 13 km.
- Turn left at the large Spirit Point sign and another left just past the lake.

#### **From the South:**

- Travel north on Hwy #11 to McFadden Line (Trout Creek, ON).
- Exit right and veering to the right at the top of the exit ramp proceed on Highway 522 North approximately 2 km to Main Street.
- Turn right at the General Store and go over the train tracks.
- Turn right onto Forestry Road and follow for 13 km.
- Turn left at the large Spirit Point sign and another left just past the lake.