

2022 Mountain Wellness Weekend

NIPIKA MOUNTAIN RESORT
SEPTEMBER 2-5TH, 2022
KOOTENAY NATIONAL PARK, BC



Take a drive down Highway 93 away from the hustle and bustle of daily life to relax, rejuvenate and play. Nourish yourself through a perfect balance of activity and rest while surrounded by a breathtaking mountain playground with spectacular views.

Stay as a single, cohort group, or family in one of 9 luxurious hand-built, fully equipped log and timber frame cabins. Each with a porch to enjoy views of wildlife, an early morning sunrise or the evening sunset, full kitchens, baths, BBQ's, and a fireplace.

Take part in daily yoga and fitness sessions, a group interpretive hike, mountain bike trail ride, a paddle, a swim, give Disc Golf a whirl...or unplug and do absolutely nothing. Make your own memories in this Kootenay paradise.

VALUABLE TAKEAWAYS:

- Re-energize and enjoy personalized yoga and a variety of self-propelled outdoor activities
- Practice quietening of the mind, relieving stress, and relaxing the body
- Bringing focus to the benefits of making relaxation, fun, and self-care a priority
- Enjoy spending time with like-minded individuals
- Get away from the rush and immerse yourself in the beauty of the Rocky Mountains
- Leave feeling refreshed, rejuvenated and balanced

RETREAT AUDIENCE:

- Singles, Cohort Groups, or families who enjoy the opportunity to step away from the busy-ness of life and enjoy a new experience
- Anyone who is looking to have fun, de-stress, while spending time in nature
- Those who have a passion for yoga, outdoor fitness, exploration and experiential travel
- Individuals who are interested in connecting with like-minded people, while relaxing and enjoying experiences dedicated to their health and wellness

YOUR NIPIKA MOUNTAIN WELLNESS WEEKEND EXPERIENCE:

- 3-nights stay in one of nine cabins on the property *Please Note - You are required to bring your own food. Each cabin includes a fully equipped kitchen and BBQ to prepare your own meals.
- Optional Daily Yoga and Functional Fitness classes suitable for everyone, Group Interpretive Hike, Cold Therapy Experience, Plenty of Fun & Experiential Activities
- Free time to take in everything that Nipika Mountain Resort and surrounding area has to offer.

INVESTMENT DETAILS:

Accommodation rates are dependent on the cabin chosen and number of attendees sharing the unit. Please email jennifer@tenpandas.ca to reserve your spot & confirm your weekend rate.

Wellness Weekend Packages start at \$675/person – Includes 3-night accommodations, a minimum of 5 yoga/fitness classes throughout the weekend, a 2-hour Guided Interpretive Hike, and much more!

Cabin Rental Only – Starting at \$150/person per night, \$25 each child per night.

Optional Add On's:

Bike & Helmet Rental \$30/day ∩ 3-4 Hour Guided Paddle Excursion \$100 Adult - \$75 Youth
Private Yoga Session \$50 ∩ Group Fitness Session \$15 ∩ Additional night stay \$150/person

TERMS AND CONDITIONS OF BOOKING:

- Rates are dependent on accommodation choice and inclusions.
- Prices do not include any meals. There are fully equipped kitchens to prepare your own meals.
- A \$100 dollar deposit is required upon booking to secure your spot.
- Full payment is due by August 2nd, 2022.
- Cancellation is accepted 30 days prior to retreat date. Travel Insurance is not included.
- Booking is taken as acceptance of these conditions.

PAYMENT AND CANCELLATION POLICY:

Deposit – To reserve your spot for the Nipika Mountain Wellness Weekend, a \$100 dollar deposit per participant is required. The deposit is refundable up to 30 days prior to the event.

Payment – Accommodation fees and taxes are included in your rate. TEN Pandas Wellness will confirm your rate and process your booking. Payments can be made via Email Money Transfer or PayPal. Please send your payments to **jennifer@tenpandas.ca**

Cancellation Policy - Please note there will be no refunds or discounts for arriving late, leaving early, travel delays or illness. If you cancel your participation in the retreat for any reason inside of the 30 days prior to the event you could lose your deposit.

In the event that we must cancel the retreat, you will be refunded all deposits and payments made. We cannot however compensate you for any other travel arrangement costs incurred. To cover these risks, it is recommended that you consider travel insurance to cover your entire retreat investment.



EMAIL REQUESTS TO JOIN AND INQUIRIES TO:
[JENNIFER@TENPANDAS.CA](mailto:jennifer@tenpandas.ca)

VISIT OUR WEBSITE **WWW.TENPANDAS.CA**