

RETREAT WITH KRISTY WRIGHT SCHELL &
CHARLOTTE WEITERER WITHIN THE WILD BEAUTY OF TOFINO



Reset & Restore

March 17-20, 2023

Yoga • Breathwork • Community • Nature

3 nights and 4 days at the Rancho Tofiño filled with mindful movement, breath and nervous system care as we transition out of winter and back into the light of spring.

Welcome to Tofino:

Embrace your way back into movement here, wash away what's no longer needed by the ocean and reconnect to yourself and community on and off the mat.



Fall in love with Tofino's natural beauty, wild beaches and breathtaking sunsets.

Our home for the weekend is the private Rancho Tofiño located steps away from Cox Bay. Forest views from every room included.



Spacious open concept home, 3 minute walk to Cox Bay beach, hot outdoor showers, nestled in the old growth forest.

Schedule for the weekend:

Arrival 4pm Friday, March 17th

We will begin the long weekend moving together with a welcome practice at 5pm, followed by a gathering around the dinner table.

Routine for **Saturday** and **Sunday**

To get the day started, we will meet for some activating yet balancing morning pranayama and gentle movement at 8 am, followed by a nourishing breakfast.

There will be plenty of time for restoration and exploration of what Tofino has to offer (we are talking beach time, forest bathing or indulging in Tofino's eateries). Choose to roam on your own or join Kristy for an optional surf session.

We are meeting again on the mat at 4pm to reconnect as a group and dive into another practice together. Dinner will be at around 6pm leaving time to run for the sun and embrace Tofino's breathtaking sunsets. Heck yes!

Departure 10:30 am Monday, March 20th

Our weekend together ends after practice and breakfast. Fully replenished and ready to head back into the world.

*Even with this general schedule, there will be space to meet the needs of the group and let this be a fluid long weekend.

What to pack:

yoga mat and props
your favourite pen and journal
all the layers of clothing (very important: make it comfy
and waterproof)
bathing suit
snacks for in-between meals
travel mug or water bottle

Optional adventures:

Can't come to Tofino without playing in the waves?
Kristy is offering an optional surf session.
Let us know if you are interested.

Or are you ready to clear winter off of your skin?
Join Charlotte for a rejuvenating Ocean Dip.
Best done together. Laughing and shaking.

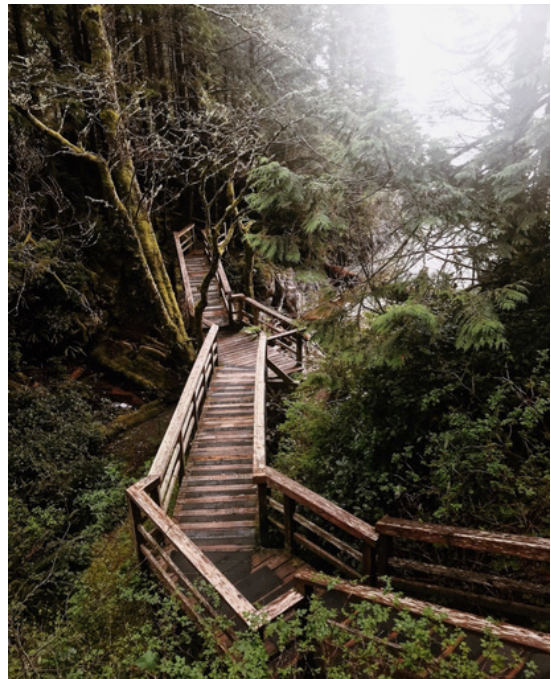
Depending on the groups needs and wants, we will be
adventuring into the lush forests and along the wide and
open beaches together for a hike.

The rooms and location:



Payment details and Information:

This is a small and intimate retreat with a total capacity for 6 participants. Rooms will be shared with single beds. Please feel free to reach out if you have any further questions!



Early bird pricing until Jan 31st
1550 CAD

Regular pricing starting Feb 1st
1800 CAD

*Prices are per person plus GST (5%)