



ELDORADO
RESORT



Awake and Align Wellness Retreat

May 2-5, 3-night retreat
May 2-9, 7-night retreat

TO BOOK

Fill out the submission at
hoteleldoradokelowna.com/wellnessretreat
or email wellness@eldoradoresort.ca

Day 1: Arrival & Welcome

4:00 PM – 6:00 PM | Guest Check-In & Welcome

- a. Guests receive in-room gift baskets with a personal journal, herbal teas, and retreat schedule.
- b. Time to settle in and explore the resort.

6:30 PM – 8:00 PM | Welcome Dinner in The View Room

- a. A wellness-inspired menu featuring seasonal, nourishing foods to kickstart the retreat.
- b. Guests meet facilitators Dr. Michaela Watts & Christina Michael and fellow retreat members.

8:30 PM – 9:00 PM | Opening Ceremony

- a. Guided grounding meditation to set intentions for the retreat.
- b. Welcome talk by Dr. Michaela & Christina on what to expect.

Day 2-7: Daily Schedule

Morning Rituals

7:30 AM – 8:00 AM | Morning Meditation & Intention Setting

- a. Start the day with guided breathwork and mindfulness exercises.

8:15 AM – 9:15 AM | Yoga Flow (All Levels)

- a. A mix of Hatha & Vinyasa flow to awaken the body.
- b. Gentle stretching for joint mobility & longevity.

9:30 AM – 10:30 AM | Nourishing Breakfast

- a. Protein-rich, anti-inflammatory, and gut-supportive options.

Late Morning Activity (10:45 AM – 12:15 PM)

Each day, guests rotate through different movement & nature-based activities:

1. May 3: Kayaking or Stand-Up Paddleboarding on Okanagan Lake (Weather Permitting)
2. May 4: Restorative Yoga & Fascia Release (Deep Relaxation & Stress Reduction)
3. May 5: Guided Nature Walk – Knox Mountain (Scenic Hike with Breathwork)
4. May 6: Pilates for Core Strength & Longevity (Building Stability & Balance)
5. May 7: Mission Greenway Forest Walk (Grounding in Nature, Connecting to the Land)
6. May 8: Final Day Choice Activity – Guests Choose from Options Above

Afternoon Wellness & Learning

12:30 PM – 1:30 PM | Seasonal Lunch

- a. A light, seasonal, nutrient-dense meal.

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Day 2-7: Daily Schedule Continued

Afternoon Wellness & Learning Continued

1:30 PM – 3:30 PM | Free Time (Designated Time for Add-On Wellness Treatments)

- a. Guests can choose from an array of supplemental services, for a charge, including:
 - i. Massage Therapy (Deep tissue, relaxation, or lymphatic drainage)
 - ii. Recovery Spa Treatments (Infrared sauna, cold plunge, NuCalm, BioCharger)
 - iii. Personal Reflection & Journaling Time
 - iv. 1:1 Sessions with Dr. Michaela and Christina Michael

3:45 PM – 4:45 PM | Educational Workshop with Dr. Michaela & Christina

Evening Rituals & Ceremonies

5:00 PM – 6:30 PM | Nourishing Dinner

- a. Balanced & grounding meals with anti-inflammatory herbs & spices.

7:00 PM – 8:00 PM | Evening Activity (Rotating Each Night)

1. May 3: 🔥 Fire Ceremony (Release & Renewal)
 - a. Guided letting go ritual to release old energy.
2. May 4: 🎵 Sound Healing Journey
 - a. Crystal bowls, Tibetan gongs, and vibrational healing.
3. May 5: 🌿 Indigenous Ceremony & Teachings
 - a. Honoring local First Nations traditions, led by an Indigenous Elder.
4. May 6: 📖 Guided Journaling & Reflection
 - a. Prompts to deepen self-awareness & inner clarity.
5. May 7: 🌙 Closing Ceremony
 - a. Reflection on personal transformations from the retreat.