

SALTSPRING ISLAND WEEKEND WELLNESS TOUR EVENTS CATALOGUE

APRIL 5, 6 & 7
~2024~

REST

RELAX

REJUVINATE

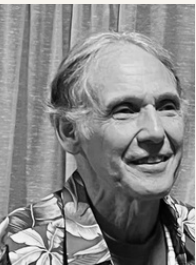
REPEAT.....



WELLNESS OFFERINGS

PRE~ REGISTER

FRIDAY NIGHT



**SOUND BATH ~ WITH ADAM ~
7PM @ GANGES YOGA STUDIO**

122 LOWER GANGES RD. ~ BY DONATION

**FACILITATING DEEP TRANSFORMATION THROUGH
CRYSTAL AND VOICE SOUND ENERGY.**

PRE~ REGISTER ADAMHUBER777@GMAIL.COM



GANGES YOGA

SATURDAY APRIL 6



HATHA FLOW YOGA ~ WITH HOWIE BORAL

9AM -10AM @ GANGES YOGA STUDIO,

122 LOWER GANGES RD.

PRE-REGISTER ~ FEE

INFO@GANGESYOGASTUDIO.COM



GANGES YOGA



VINYASA YOGA & YOGA WALK

10AM -NOON ~ FEE

STEP INTO NATURE WITH SATIYA

ON HER BEAUTIFUL SOUTH END FARM

PRE-REGISTER

VILLAGEHEARTYOGA@YAHOO.COM



SLOW ~ FLOW YOGA ~ WITH DEB COBON

10:30 - 11:30 @ GANGES YOGA STUDIO,

122 LOWER GANGES RD.

CLASS OFFERED BY DONATION

PRE-REGISTER

INFO@GANGESYOGASTUDIO.COM



GANGES YOGA

SATURDAY APRIL 6 CONT....



AYURVEDIC TIPS FOR SPRING SEASON

~ WITH MUNEERA

1:30 -2:30 AT GANGES YOGA STUDIO ~FEE \$15.00

SPRING IS UPON US, AND AS ALWAYS, THE CHANGE OF SEASONS CAN CAUSE WEAKNESS IN OUR SYSTEMS. FLU+COLDS, DIGESTIVE ISSUES, RASHES, SLEEP DISTURBANCES AND FATIGUE ARE JUST SOME OF THE WAYS OUR BODY COMMUNICATES ITS NEED FOR EXTRA SUPPORT.

JOIN THIS TALK TO LEARN PRACTICAL AYURVEDIC TOOLS TO SUPPORT YOUR HEALTH THIS SPRING.

ADVANCE REGISTRATION REQUIRED

MUNEERA@RADIANTLIVINGVANCOUVER.COM



**RADIANT
LIVING**



**Salt Spring Island
NATURAL
CEMETERY**

Canada's Conservation Green Burial Cemetery

A licenced burial site and forest memorial offering a place for remembering, contemplating and celebrating life and death.

TOURS OF THE NATURAL CEMETERY ARE BEING OFFERED ON SATURDAY AT 11AM AND AGAIN AT 2PM AN OPPORTUNITY TO ASK QUESTIONS AND VISIT OUR GREEN BURIAL CEMETERY.

CEMETERY TOURS ARE OFFERED IN-KIND

2100 FULFORD - GANGES ROAD

PH. 250-653-9884 CALL TO RESERVE YOUR SPOT ON THE TOUR

SATURDAY & SUNDAY OFFERINGS

AVAILABLE ALL DAY BOTH DAYS



**2ND ANNUAL
WELL ~ BEING FAIR
AT
MAHON HALL IN
GANGES
10 - 4 SATURDAY
11 - 3 SUNDAY**

**ENTERANCE BY
DONATION**

**25+ VENDORS &
THERAPUTIC TASTER
SESSIONS OFFERED**

**DOOR PRIZES
DELIGHTFUL FOOD**

**MYSTICAL AND MAGICAL
FOR THE WHOLE
FAMILY**



Treat Yourself at Wellspring Spa

Enhance your relaxation and rejuvenation on the island with a nurturing treatment at Hastings House's Wellspring Spa. We offer massage therapy, facials, and 90-minute massage and facial combination session.

The spa is nestled amid our picturesque gardens, and you are welcome to stroll the grounds after your treatment. Our seaside terrace is open for appetizers and social-hour priced cocktails from 4:00-5:30pm daily.

160 Upper Ganges Rd | 250-537-2362 | hastingshouse.com



HASTINGS HOUSE WELLSPRING SPA

**OFFERING MASSAGE
AND FACIALS ALL DAY
SATURDAY AND SUNDAY
CALL TO RESERVE
YOUR TREATMENT
250 537 2362**

SATURDAY & SUNDAY OFFERINGS CONT...



SOLACE ORGANIC SPA



CELEBRATE OUR 20 YEARS OF BUILDING OUR WELLNESS COMMUNITY WITH US! SPECIAL OFFERINGS FOR THE WELLNESS TOUR

- **SOLACE APA WELCOMES YOU TO VISIT THEIR BEAUTIFUL COURTYARD AND TEA LOUNGE WHERE THEY WILL BE SERVIING SPA BUBBLY, TEA & REJUVINATION BARS.**
- **ANYONE VISITING THE SPA CAN ENTER THEIR SEASONAL WELLNESS GETAWAY VALUED AT \$250.00 AND INCLUDES A 90 MINUTE SPA RITUAL & 60 MINUTE SOLACE MASSAGE**
- **20% OFF AND A COMPLIMENTARY ENHANCEMENT WITH ALL 30 + MINUTE PRE-BOOKED SPA TREATMENTS FOR APRIL 6 & 7. BOOK WIHT CODE: WELLNESS20**
- **20% OFF PURCHASES ON ALL ORGANIC HOLISTIC SKINCARE PRODUCTS**



SATURDAY AND SUNDAY OFFERINGS CONT.....

OUR OFFERINGS INCLUDE:



MADRONA
INTEGRATIVE HEALTH

MADRONA INTEGRATIVE HEALTH IS A LOCAL INTEGRATIVE HEALTH CLINIC OFFERING NATUROPATHIC MEDICINE, CHIROPRACTIC, PELVIC FLOOR PHYSIOTHERAPY, VITAMIN IV THERAPY, COUNSELLING, LIFE COACHING, CONVENTIONAL & SPECIALTY LABWORK, AND A HIGH QUALITY SUPPLEMENT & TINCTURE DISPENSARY.

OUR COLLABORATIVE TEAM OFFERS APPROACHES TO MEDICINE THAT RANGE FROM CONVENTIONAL TO HOLISTIC, AND WORK WITH YOU TO TAILOR OUR APPROACH TO WHAT MOST SUITS YOUR NEEDS AND RESONATES WITH YOUR VALUES.

OUR SERVICES INCLUDE IRON INFUSIONS, ALLERGY TESTING, FOOD SENSITIVITY TESTING, CONTRACEPTIVE COUNSELLING, IUD INSERTIONS, CERVICAL CANCER SCREENING (PAPS/HPV), LIFE LABS BLOOD DRAWS, AND MUCH MUCH MORE.

THIS WEEKEND

BEGIN OR CONTINUE YOUR WELLNESS

JOURNEY HERE ~ VISIT

**WWW.MADRONAINTEGRATIVEHEALTH.CA
TO CHOOSE A HEALTH PRACTITIONER THAT
WILL MEET YOUR NEEDS AND PRE-REGISTER
FOR YOUR VISIT!**



SUNDAY OFFERINGS APRIL 7



**RESTORATIVE YOGA ~ WITH CELESTE
9:30 -11:00 GANGES YOGA STUDIO
122 LOWER GANGES RD. FEE
~YOGI, YTT TEACHER, & MENTOR ~
A BEAUTIFUL OPPOTUNITY YOU WILL
WANT TO KEEP RETURNING TOO.**

**PRE-REGISTER
INFO@GANGESYOGASTUDIO.COM**



**VINYASA & RESTORATIVE BLEND YOGA
AWAKEN TO SPRING WITH SATTIYA
10 -NOON IN HER BEATUFIFUL DOME**

**5 MINUTES FROM FULFORD FERRY
PRE-REGISTER THRU
VILLAGEHEARTYOGA@YAHOO.COM
FEE**



**AYURVEDIC COOKING CLASS
JOIN THIS FUN, HANDS-ON COOKING CLASS AT
MUNEERA'S HOME**

- **LEARN HOW TO PREPARE A HEALING DAL (LENTIL SOUP)**
- **EXPLORE THE MEDICINAL VALUE OF THE INDIAN SPICE APOTHECARY**

**11- 12:15 JUST MINUTES FROM GANGES
\$25.00 FEE, PRE-REGISTER THROUGH
MUNEERA@RADIANTLIVINGVANCOUVER.COM**

AYURVEDA FOR MODERN LIFE

OFFERINGS

FRIDAY APRIL 5

7 PM SOUND BATH ~ GANGES YOGA STUDIO ~ WITH ADAM



SATURDAY APRIL 6

TIME	WELLBEING FAIR 10 -4 MAHON HALL ~ VENDORS & TASTER SESSIONS	
7 am	00	Hastings House Spa offering Facials & Massage Open all Day ~ Call to pre-register for your treatment
	30	Madrona Integrative Health Practitioners available throughout the day by pre-registration.
8 am	00	Solace Spa Treatments & Wellness Experiences ~ Open all day for bookings ~ offering specials for this weekend. Call to Pre-register
	30	
9 am	00	Hatha Flow ~ with Howie Boral ~ Ganges Yoga Studio. Pre-register
	30	
10 am	00	Awaken to Spring Vinyasa ~ Flow ~ with Satiya at her South End Farm. Pre-register
	00	Well ~Being Fair at Mahon Hall in Ganges Opens ~ Vendors & Taster Sessions
	30	Slow Flow ~ with Deborah Cobon ~ Ganges Yoga Studio. Pre-register
11 am	00	SSI Natural Cemetery Tour ~
	30	
12 pm	00	
	30	
1 pm	00	
	30	Ayurvedic Tips for Spring Season ~ at Ganges Yoga Studio ~ pre-register with Muneera
2 pm	00	SSI Natural Cemetery Tour ~
	30	
3 pm	00	
	30	
4 pm	00	Well~Being Fair Closes for the Day at Mahon Hall in Ganges
	30	
5 pm	00	
	30	
6 pm	00	
	30	
7 pm	00	
	30	
8 pm	00	
	30	

OFFERINGS



SUNDAY APRIL 7, 2024

TIME		WELLBEING FAIR 11 ~ 3 AT MAHON HALL ~ VENDORS & TASTER SESSIONS
7 am	00	Solace Spa Treatments and Wellness Experiences ~ taking bookings for the whole day ~ special offers for this weekend. Pre-register.
	30	Madrona Integrated Health ~ Practitioners available all day through pre-registration.
8 am	00	Hastings House Spa ~ Facials & Massages ~ taking bookings for the whole day. Pre-register.
	30	
9 am	00	
	30	Restorative Yoga with Celeste ~ Ganges Yoga Studio, pre-register
10 am	00	Vinyasa ~ Flow with Satiya at her farm in the South End. Pre-register limited spots
	30	
11 am	00	Ayurvedic Cooking Class ~ Muneera's Kitchen (address given when you register) near Town Well~Being Fair opens at Mahon Hall in Ganges
	30	
12 pm	00	
	30	
1 pm	00	
	30	
2 pm	00	
	30	
3 pm	00	Well ~ Being Fair at Mahon Hall Closes
	30	
4 pm	00	
	30	
5 pm	00	
	30	
6 pm	00	
	30	
7 pm	00	
	30	
8 pm	00	
	30	

SALTSPRING WEEKEND ACCOMMODATIONS



SPEND YOUR DAYS AROUND WELLNESS PROGRAMS TAILORED TO INDIVIDUAL NEEDS AND PREFERENCES. MORNING MIGHT BEGIN WITH A SUNRISE YOGA SESSION ON THE BEACH, FOLLOWED BY A NUTRITIOUS, ORGANIC BREAKFAST. GUESTS CAN THEN CHOOSE THEIR PATH FOR THE DAY – BE IT A HEALING MASSAGE, DETOXIFYING SPA TREATMENT, OR A WORKSHOP ON MINDFULNESS.

THE ISLAND ALSO OFFERS AN ARRAY OF ACTIVITIES THAT CONNECT GUESTS WITH THE HEALING POWER OF NATURE, INCLUDING GUIDED HIKES THROUGH THE ISLAND'S UNTOUCHED LANDSCAPES, KAYAKING THE WATERS, AND MEDITATION IN ANCIENT GROVES.

EVENINGS ON THE ISLAND ARE A TIME FOR COMMUNITY AND REFLECTION. GUESTS GATHER IN WOODLEY'S KITCHEN TO SHARE THEIR JOURNEYS, PARTAKE IN GOURMET MEALS PREPARED WITH LOCALLY SOURCED INGREDIENTS, AND ENJOY TALKS ON WELLNESS AND SUSTAINABILITY. THE DAY CLOSSES WITH GENTLE MEDITATION UNDER THE STARS, INVITING A RESTFUL SLEEP.

HARBOUR HOUSE HOTEL TRANSCENDS THE CONVENTIONAL HOTEL EXPERIENCE, OFFERING A SANCTUARY WHERE GUESTS CAN UNWIND, HEAL, AND TRANSFORM. SALT SPRING ISLAND IS A PLACE OF CONNECTION – TO ONESELF, TO OTHERS, AND TO THE NATURAL WORLD – PROMISING A DEPARTURE NOT JUST FROM THE ISLAND, BUT FROM OLD WAYS OF BEING, LADEN WITH RENEWED VIGOR AND ENLIGHTENED PERSPECTIVE.



**121 UPPER GANGES RD
SALT SPRING ISLAND, BC, CANADA
1.250.537.4700**

WEEKEND ACCOMMODATIONS CONT....



WELCOME TO LIGHTWATER COVER RESORT

LIGHTWATER COVE IS A LUXURY OCEANFRONT BED AND BREAKFAST. NESTLED IN TALL FIR FORESTS, OUR FARM OFFERS REFRESHING OCEAN VIEWS AND ISLAND-CRAFTED KING BEDS WITH ORGANIC BEDDING.

FROM BREAKFAST TO SUNSET, LIGHTWATER COVE IS AN UNFORGETTABLE GETAWAY, A NEXUS FOR WELLNESS AND REJUVENATION ON A HERITAGE ORGANIC FARM. REFLECT, CONNECT, AND FIND INSPIRATION IN THIS UNIQUE SANCTUARY.



**RESERVE YOUR WEEKEND
STAY@LIGHTWATERCOVE.CA
251 KING RD. SALTSRING ISLAND**

ACCOMMODATIONS FOR THE WEEKEND CONT....

WELCOME TO BAYVIEW COTTAGE BED & BREAKFAST



WE OFFER HIGH SPEED INTERNET, CABLE TELEVISION IN THE LOUNGE, AND TEA AND COFFEE FACILITIES AVAILABLE 24/7! YOU ALSO HAVE YOUR OWN KITCHEN AREA WITH A REFRIGERATOR AND AN AREA TO PREPARE SNACKS. WE ARE STEPS FROM THE WARMEST SWIMMING BEACH ON THE ISLAND THAT HAS THE MOST INCREDIBLE SUNSETS! WE ARE ON THE BUS ROUTE TO TOWN FOR OUR FAMOUS SATURDAY

WHETHER THIS IS YOUR FIRST VISIT, OR YOU HAVE BEEN A GUEST MANY TIMES, WE WANT YOUR EXPERIENCE TO BE WONDERFUL. OUR IN HOUSE HOLISTIC BEAUTY THERAPY CENTRE OFFERS MANY RELAXING TREATMENTS.



BAYVIEW COTAGE

140 BAYVIEW RD

250 537 1256

WWW.FIGS & HONEY.COM

