

RETREAT TO TOFINO

WITH
CAROLYN ANNE
BUDGELL



**MARCH 1-4
2024**

A long weekend of yoga, meditation and nature.



THE SHORELINE HOTEL

Spa Yoga
Meditation
Mindfulness
Breathwork
Group Connection
Ocean Healing

RETREAT TO TOFINO

Welcome to heaven!

Where you are invited to care for yourself in whatever way you need, in a gorgeous setting with a variety of practices to support your intention.

Read on for all the info about our getaway together.



Our home for the weekend is the Shoreline Hotel, a boutique oceanfront resort in the heart of Tofino, nestled between old growth cedars, hanging on the edge of the shore.



Known for its natural beauty and surf culture, Tofino lies adjacent to the Pacific Rim National Park Reserve in British Columbia and its exquisite beaches line an ancient coastal temperate rainforest.



Marika's culinary talents are exquisite. Daily meals (breakfast & dinner) are wholesome and nourishing. It'll be hard to return home after being cared for with her yummy vegetarian treats.

RETREAT TO TOFINO



The sauna will be fired up and ready for detoxing away all your worries. Use of the outdoor shower aligns nicely with the sauna life.

Leave everything at home. From beach towels, to Malin & Geotz bath products to Tofino Roasting Co Coffee in each suite, you'll feel completely taken care of.



The latest addition to the property, and it's all ours all weekend! A local handcrafted cedar hot tub with epic views for total relaxation.



RETREAT TO TOFINO

LONG WEEKEND SCHEDULE MARCH 1-4th = Friday to Monday

ARRIVAL 4:30pm DAY 1

The retreat will kick off with an opening practice at 5:30pm on the first afternoon, followed by our first dinner as a group.

DAILY ROUTINE

Each morning will start with a practice (your suite is equipped with personalized coffee/tea), followed by breakfast. There will be plenty of time for R&R, nature exploration and beach time. For lunch, check out some of Tofino's popular eateries, then take in the majestic forests. Enjoy another late afternoon practice, followed by a delicious meal and evening meditations around the fireplace with ocean views.

The schedule might shift as the weekend goes on, to accommodate for a perfect balance of clearing practices + rest. See below for more details.

DEPARTURE 10:30am DAY 4

After practice and breakfast, our weekend ends, steeped in newfound clarity to guide us back into the world.

RETREAT TO TOFINO

SCHEDULE

DAY 1

4:30pm Arrival / Check in
5:30pm Welcome Circle + Breathwork
6:30pm Dinner
8:00pm Yin Yoga + Journalling

DAY 2

8am Meditation & Spa Yoga
10am Breakfast
11:30am Beach Meditation & Ocean Plunge
4:30pm Breathwork, Meditation + Yin
6:30pm Dinner
8:00pm Evening Meditation & Journalling

DAY 3

8am Meditation & Spa Yoga
10:00am Breakfast
12pm Tuffcity Sauna Experience & Ocean Plunges
4:30pm Breathwork, Meditation + Discussion
6:30pm Dinner
8:00pm Evening Meditation

DAY 4

8am Spa Yoga & Closing Circle
9:30am Breakfast
10:30am Retreat Ends / Check out

RETREAT TO TOFINO

WHAT TO PACK

- journal and pen
- slippers & warm socks
- yoga mat, yoga block, meditation cushion
- lots of clothing options: layers, scarves, toques, insulated jackets, waterproof gear, whatever you deem suitable for windy beach walks and for gentle yoga / meditation practices
- bathing suit
- travel mug or water bottle
- snacks / groceries for the open midday / lunch blocks
- flashlight / headlamp for evening strolls

EXCURSIONS | EXTRAS

Ocean Plunge

Rinse and repeat! Carolyn will guide the group through a nature focused meditation followed by warming breathwork and plenty of laughs during the optional dip. Come for one or both.

Tuffcity Sauna Experience at Mackenzie Beach

More details will be shared on the first evening of retreat.

Renting Gear

Bikes / Surf Gear / Scooters are available for rent off-site, just a short walk away with delivery service possible.

RETREAT TO TOFINO

GETTING THERE

Shoreline Hotel Location

350 Olsen Road, Tofino BC - plenty of parking available.

By Ferry

Visit www.bcferrries.com for schedules. Advance reservations are highly recommended.

By Air

Harbour Air is offering flight service to the Tofino Marina located next door. You can also fly into the Long Beach/Tofino Airport - a 20 minute drive away. There is a free airport shuttle or local taxi service for transport to the hotel.

PAYMENT DETAILS

- A \$300 CAD non-refundable deposit will save your spot.
- Final Payment is due 6 weeks prior to the retreat.
- Email transfer can be made to carolynAbudgell@gmail.com.
- If using PayPal or credit card, a 5% fee will be added. An invoice will be sent upon request.

Please email carolynAbudgell@gmail.com with any questions. For March 1-4 sign up form with room info & rates, click [here](#).

Hope you can make it!