

Restore. Rebalance. Reconnect.

Exclusive Women's Wellness Weekend at Digby Pines

In partnership with Breathe Mindfulness Centre

Itinerary

Friday, October 24-2025

4-5pm: Check-In: Guests arrive, check-in, and receive a welcome kit

5:30 – 7pm: Evening Session led by Jacqueline Milner

- **Welcome to the Wellness Retreat** - Overview of the schedule and intentions of the retreat.
- **Mindful Mocktails** – Exploring Mindfulness through Savouring
 - One mocktail is included in the retreat price.
 - Bar is open.

7 - 8:30pm: Dinner in Churchill's Restaurant followed by free time to indulge in any of the activities below:

- 8:30-10pm- Paint on Wood with workshop leader; materials included
 - Additional fee of \$35 per person
- 8 -10pm: Entertainment in the Grande Lounge

Saturday, October 25-2025

7 - 9:30am: Full hot breakfast in Churchill's Restaurant

9:30 - 10:45am: **Morning Yoga, Meditation, and Breathwork**

- Breathwork Practice Techniques for enhancing oxygen flow and reducing stress.
- Mindful Movement Gentle yoga flow to wake up the body.
- Mindfulness Meditation Practice

12-2pm- Pick up a Grab and Go Lunch

2- 3:30pm (approx.): **Tour and Wine Tasting at Bear River Vineyard**

- Included in retreat pricing please sign up!

There is intentional time in the itinerary for **optional, personalized activities** including:

- From *Spa at the Pines* and exclusive to this Retreat, 30-minute Express Services including:
 - Express Manicure; \$25 plus tax
 - Express Pedicure; \$40 plus tax
 - Express Facial; \$75 plus tax
 - 30-min Relaxation Massage; \$65 plus tax.
 - Reservations are required and full-Service [Spa Services](#) are also available
- Friday Paint Night with workshop leader: \$35 per person plus tax materials included
- Saturday Paint Night with workshop leader: \$35 per person plus tax materials included
- Round of golf at Digby Pines Championship Golf Course, including cart: \$60 plus tax
- Classic outdoor heated pool is open daily
- Self-guided onsite nature trail and tidal beach walk. No charge.

6 - 8pm- Dinner in Churchill's Restaurant

8 - 10pm: Entertainment in the Grande Lounge

8 - 10pm: Saturday Paint Night with workshop leader: \$35 per person plus tax

10 - 11pm: Mindful Stargazing Session with Jacqueline. Outside, weather permitting.

Sunday, October 26-2025

7 - 9:30am: Full hot breakfast in Churchill's Restaurant

9:30 - 10:45am: **Morning Yoga, Meditation, and Breathwork**

- Breathwork Practice Techniques for enhancing oxygen flow and reducing stress.
- Mindful Movement Gentle yoga flow to wake up the body.
- Mindfulness Meditation Practice

Your Retreat Leader – Jacqueline Milner, Owner of *Breathe Mindfulness Centre*

Clinical Psychologist, Certified Mindfulness Teacher, Trauma-Informed Yoga Teacher and Wellness Expert