

NIMMO BAY

RHYTHMS OF NATURE

WELLNESS RETREAT

ITINERARY

ARRIVAL DAY

Arrive at Nimmo Bay in the evening with time to settle into your cabin and enjoy a nourishing meal. Meet your wellness guides, shed the city and set intentions.

AM

Rest into silence and calm during morning yoga, breath and movement class
Breakfast- enjoy a nourishing breakfast at the floating restaurant, Little River
Let the wilderness be your guide during daily Forest Bathing to build your relationship with nature

PM

Enjoy a picnic lunch in the wilderness or at Little River
Guests are encouraged to choose from a variety of wellness inspired activities designed to reconnect you with the pace of nature.

Options include: *Massage/ Bodywork*
Peaceful kayak in nearby bays
Paddle board to the floating sauna or hot tub
Invigorating hike following the stream and waterfalls of Mt. Stephens
Toilet Exploration boat cruise through the waterways surrounding Nimmo Bay
Explore the resort amenities and take time for reflective journal writing

DUSK

Dinner at Little River with guided conversation
Evening Wellness group workshop

DEPARTURE DAY

Closing circle after lunch, followed by departure mid afternoon

