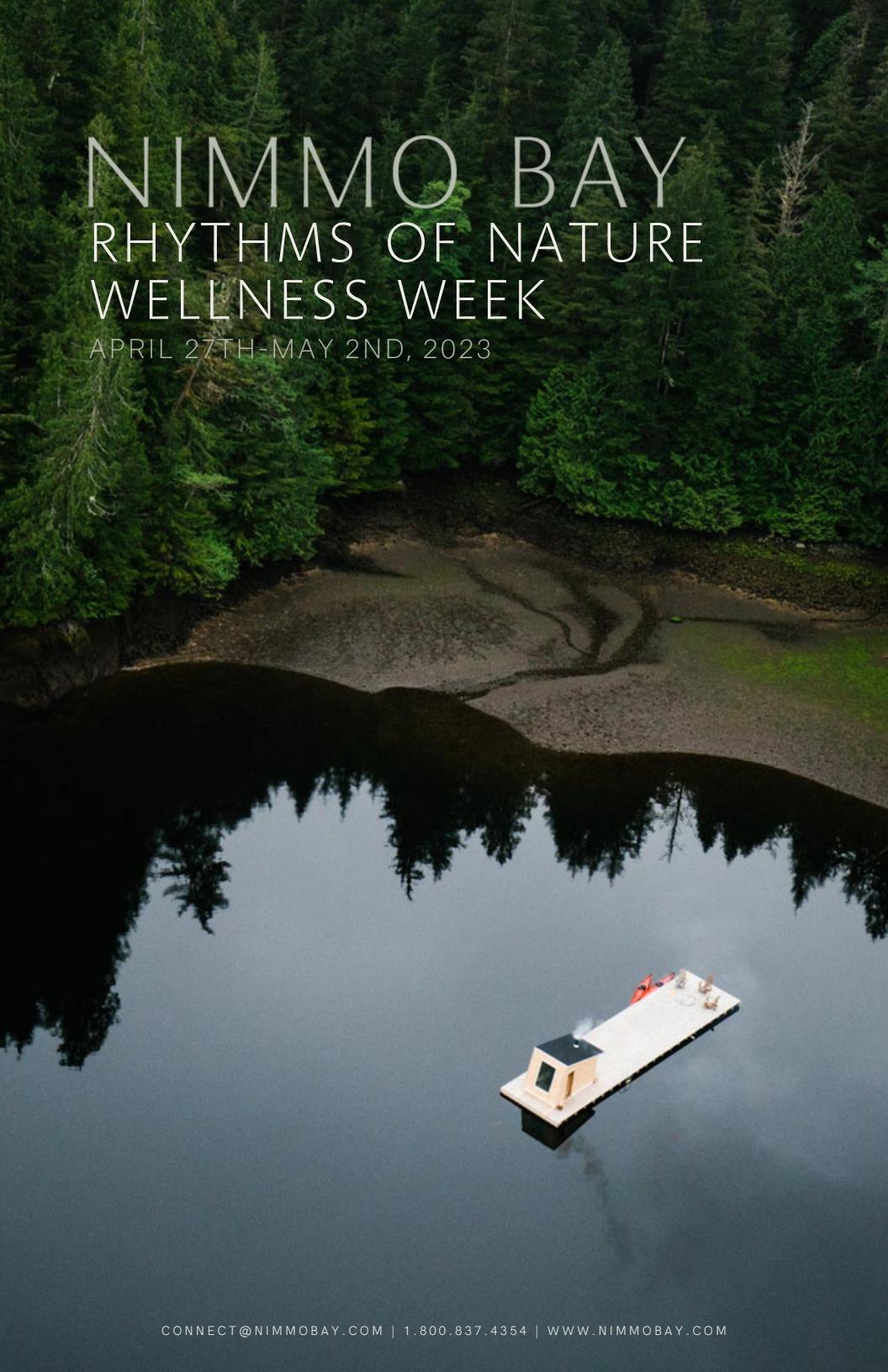


NIMMO BAY

RHYTHMS OF NATURE

WELLNESS WEEK

APRIL 27TH-MAY 2ND, 2023





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WELLNESS WEEK

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JOIN US ON AN INTENTIONAL EXPERIENCE IN WELLBEING AS YOU EXPLORE YOUR RELATIONSHIP WITH THE NATURAL WORLD AND CREATE A HEALING SHIFT WITHIN.



WILD WITHIN

Experience diverse and immersive master classes with the wellness masters onsite, each are experts of their individual crafts. Prepare to embrace walking meditations and forest bathing, deep in the tranquil silence and beauty of the rainforest. Visit the floating sauna for a reflective steam before diving into clarifying Pacific waters or enjoy a warming soak in the cedar hot tubs at the base of the cascading waterfall. Choose from personalized massage treatments as our skilled practitioners offer both therapeutic and relaxation techniques.

INCLUSIVE 5-NIGHT RATE
\$9,999 PER PERSON

PLEASE NOTE: THIS DOES NOT INCLUDE THE COST OF TRAVEL TO AND FROM NIMMO BAY, TAXES OR GRATUITIES.
Rates are based on double occupancy in our 2 bedroom cabins. We encourage people to book together but if you book as a solo participant, you may be paired with another retreat participant.

WHATEVER YOU MAY BE SEARCHING FOR, WE HOPE YOU ENJOY THE BEAUTY OF THE EXPERIENCE AND RETURN HOME WITH A WONDERFUL SENSE OF RENEWAL.



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WELLNESS MASTERS



BIANCA LORAGE



CORY SCHALL



TINA PASHUMATI JAMES



JEWL



LILLIAN WEI



TYLER HUSTON

OUR WELLNESS MASTERS

Experience diverse and immersive master classes with the wellness masters onsite, each are experts of their individual crafts. Prepare to embrace walking meditations and forest bathing, deep in the tranquil silence and beauty of the rainforest.

You will have the opportunity to learn through a variety of classes and book one-on-one sessions with the masters to dive deeper into your own wellness, spiritual connection, or healing. From craniosacral therapy to breath control, from meditation to yoga, prepare for a full body, mind, and soul restoration.

OUR MASTERS

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NIMMO BAY
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BIANCA LORAGE

THE INNER GODDESS

Bianca is a lifelong student of the healing arts and her work draws on many forms of holistic bodywork and lineages of teaching. She provides an experience that is uniquely created to best serve how you show up for your treatment. As her work is always evolving, there is no 'typical session'. However, you can expect one that involves showing up in the body, deep listening, and an intuitive sense of what is unspoken.

After pursuing a degree in Psychology and working in the field, Bianca had a desire to move from the classroom to a place where growth was more playful and inquisitive. Since making this transition, she has undergone numerous trainings in both bodywork and yoga. Today, Bianca works one-on-one and in groups to find the classroom within the space of nature and self-inquiry.

What excites her the most is encouraging you to go inwards and to foster a deeper connection to the self. Bianca is passionate about strengthening relationships with nature and rekindling our inherent connection to it. She also believes strongly in the ability to slow down and take pause in our lives, and the power that comes from this practice. It is her hope that after your Nimmo Bay journey, you walk back into your life rooted in deeper connections to your community, nature, and most importantly, yourself.

TYLER HUSTON

CONNECT WITH BREATH

Tyler Huston is a professional Breathing Coach, with a background as a First Responder Paramedic, Addictions Nurse, Respiratory Specialist, Occupationally Aware Clinician, and High-Performance Coach. He used his work experience and passion to start Breath Control and is the Director of the BreatheFirst Program. He's spent years refining his practice, working with various health professionals, athletes, and military personnel to develop a top tier program.

Breath Control is based on expert research that shows how specific breathing techniques can help anyone at any age in preventing, supporting and recovery from conditions, disorders, and diseases impacting our everyday physical and mental health.

BreatheFirst is a two-eyed seeing approach infusing nature, cultural knowledge, and traditional healing practices with the latest advances in medical research to improve mental, physical and spiritual health and wellbeing naturally, through the breath.

OUR MASTERS

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CORY SCHALL

SOUND AND RELAXATION

Cory Schall specializes in Holistic, Orthopaedic Therapy and Healing Arts. He graduated from Mount Royal University in 2017 and has been working for seven successful professional years and has over 2500 hours of training. Cory's practice has space for anyone at any stage of their wellness journey. He has experience working with a wide variety of patients that vary from palliative care to professional athletes, injury rehabilitation, and chronic pain management.

As a competitive performance athlete and yogi for many years, Cory understands that massage therapy, intentional movement, and conscious observation are an integral part of injury prevention, rehabilitation, and overall health. Through Cory's active listening skills, he can work with patients to create the most effective treatment tailored to their needs as individuals. His compassionate and holistic approach to massage therapy blends his clinical and therapeutic knowledge with the natural healing power of the human body. He also incorporates his knowledge of Vedantic Philosophy to create a luxury experience that facilitates the body's self-healing mechanisms. Cory is an information sponge – you can guarantee to leave your treatment feeling better and knowing why.

Typically heavy handed on the pressure, Cory's treatment style is fluid, grounding, and calming – but most of all adaptive, inclusive, and informed. He incorporates Myofascial Release, Deep Tissue, Proprio-receptive Neuromuscular Facilitation, Lymphatic Drainage, Sports Massage, Swedish Relaxation, Trigger Point Therapy, Shiatsu techniques, Somatic release, Sound and vibration techniques, Breath Work and Therapeutic Exercise. His lifelong adoration for orthopaedic academia demonstrates prowess beyond his years when treating the nuances of a human body.

When not working, you can expect to find Cory drawing in his sketchbook somewhere outside, reading about yoga, or trying his best to go swimming!

LILLIAN WEI

HEALING AND ENERGY FLOW

Lillian Wei is an Acupuncturist that specializes in Traditional Chinese Medicine. After a successful but strenuous career in the media industry, she found herself suffering from tension headaches, body pain, digestive discomfort, and anxiety. Through tuning into her own body, listening to what it needed, and searching for a remedy, she found acupuncture. Two years into her own healing journey, Lillian felt led to leave that stable media job and pursue Traditional Chinese Medicine. With advanced training in sports and orthopaedic acupuncture, her practice focuses on pain, women's health, emotional imbalances, and digestive disorders. Acupuncture helped Lillian gain her health back and she is inspired to share this healing modality with everyone during Wellness Week.

OUR MASTERS

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TINA PASHUMATI JAMES

YOGA AND WELLNESS

Tina Pashumati James is renowned for her yoga teaching, high-altitude mountaineering, and adventure expeditions. She is an environmental steward for the trees, the bears, the water, and air. She has pledged to serve the first nations in a good way and honour the land she stands on. These principals are deeply woven into her practice. Tina is a master of her craft, an expert in yoga, health, and wellness; having offered over 30 teacher trainings in the past 30 years and over 50 different retreats worldwide. Tina is an advanced Ashtanga, Pranayama, and Jivamukti yoga teacher and is ready to bring her expertise to Nimmo Bay. She specializes in breathwork and using yoga to improve mental health, spinal wellness, and injury recovery.

With Tina, you can expect to treat your whole body, working with the mental, physical, emotional, and Spiritual. Her highly devotional mantra-based practices mixed with shamanic drumming and music will help shift your perceptions.

JEWEL

EMBODIMENT AND THE INNER SELF

Jewel brings her advanced training and diplomate certification in CranioSacral Therapy & Somato-Emotional Release to Wellness Week. Her sessions are grounded in non-dual spiritual Embodiment teachings, which she's been specializing in since 1996, along with an 8-year professional training in (soul-directed) Advanced Energy Healing.

Jewel is looking forward to blending and melding with the environment at Nimmo Bay during wellness week. She will lead guests through the opportunities that the Spirit offers for deeply loving connection and inspired self-growth.

"I have a background as a photojournalist and magazine writer dating back to the early 1980's when I travelled extensively to extreme wilderness locations. Nimmo is a treasure to be experienced through the Wholeness of our Hearts and Minds. I love that I will be able to help others experience the deepest depths of absolute Presence available at all times to all of us, but especially in this magnificent and sacred setting. I can't wait!"

CLASSES

APRIL 27TH-MAY 2ND, 2023



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Explore the curated collection of classes offered during Wellness Week. Join these special group classes and enjoy the ample opportunity to rest, unwind, connect, sauna, hot tub, hike, kayak, and so much more.

DEEP REST – BIANCA LORAGE

Rest and slowing down is hard for many of us, yet we are learning more and more about how crucial it is to our wellbeing. This class provides space to slow down and come to give your nervous system essential rest. In this class, we will be using many props to support our body into gently unwinding. Poses will be held for 3-10 minutes to allow us to sink deeply. The space will be warmed to help let the body open and settle.

KIRTAN AND CANDLES – CORY SCHALL

Join our offering of a beginners candle lit meditation class where Cory will lead a Kirtan Kriya. Kirtan Kriya is an ancient technique that incorporates mudra, sound, and breath. Kriya meditation is perfect for people who are new to meditation because it focuses on easy and gentle tasks that keep the mind focused, calm, and grounded.

SHAMANIC DRUMMING AND ENERGETIC BREATHWORK – TINA PASHUMATI JAMES

This is the ultimate release. Practice receiving during Tina's Shamanic Breath & Drumming class. Shamanic drumming is known to facilitate balance between the right and left hemisphere of your brain through rhythm and sound. It is a powerful tool for release and bringing equilibrium to the mind. Balanced with Shamanic breathing, also known as holotropic breathing, it can bring on a positive outlook on life, self-awareness, and healing in your emotional, physical, and mental bodies. Various meditations and yoga classes will also be offered by Tina.

CONNECTING TO BREATH – TYLER HUSTON

Breathing is your most important source of energy. It's essential to longevity, to your quality of life, and to connect within yourself, your community, and the natural world. In this BreatheFirst class, you will work to restore the balance of the B4(Before) – Breath, Body, Brain, Being. Through restoring traditional breathing, you will find support in your physical, mental, spiritual, and cultural needs.

AWARENESS OF THE SELF THROUGH INNER JOURNEYS IN THE BODY-MIND – JEWEL

This class will offer meditation opportunities for the group and Jewel will tailor to the energy in the room to meet everyone's spiritual needs. Prepare for an introduction into deep embodiment' through recognizing your own inner maps of consciousness. Jewel will show you your personal energetic anatomy, energy fields and chakras. Including the Christ/Oneness/Divine Self (accessible through 24th chakra above and also below, and all throughout the Heart of everything). The monad (12th chakra), personal reincarnating soul (8 chakra), and within the body, the importance of the Heart, Root and Earth Star for healing, along with other chakras and the kinds of stories that they hold. With this knowledge, you will navigate the inner realms of your Being with ease and grace, guided from within.



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ITINERARY

each itinerary is carefully designed onsite when you arrive to capture your best wellness journey and to incorporate preferred masters and treatments.



CONNECT@NIMMOBAY.COM | 1.800.837.4354 | WWW.NIMMOBAY.COM