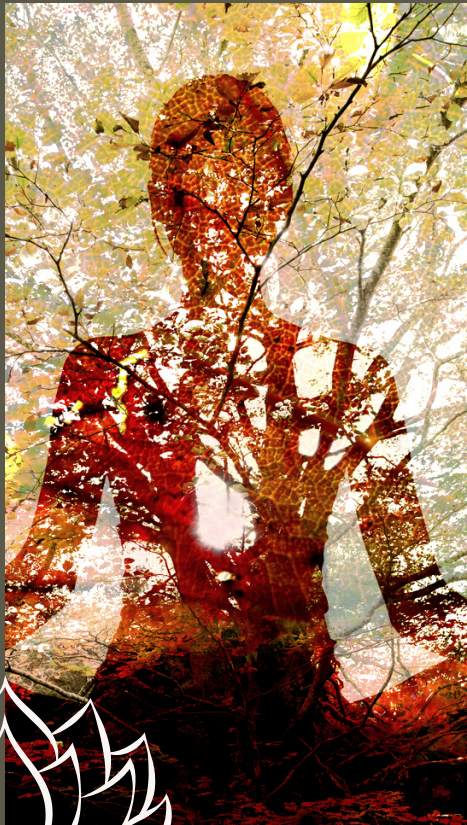




Soul Sessions

CUSTOM WELLNESS SESSIONS FOR
PRIVATE GROUPS OR BUSINESSES



GIVE THE GIFT OF WELLNESS

FOR-REST.CA | INFO@FOR-REST.CA

About Us


Fo-rest Retreat is located just outside of Salmo, BC in the heart of the Kootenays. We are a 30 minute drive from Nelson, Castlegar and Trail. We are conveniently located just off of highway 6, 1.5km north of Salmo.


We have been leading retreats and soul sessions since 2021

Build connection with your co-workers and friends. Re-set, rejuvenate, nurture your soul, and Breathe...

" Love and compassion are necessities, not luxuries. Without them humanity cannot survive".
- Dalai Lama

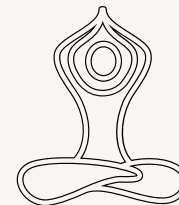
Contact Us

 250-777-2559

 8960 Nelson-Nelway
Highway 6, Salmo BC V0G
1Z0

 <https://for-rest.ca>

 info@for-rest.ca



Our Facilitators

CHEVAY RODDICK

Certified yoga instructor of 9 years,
Soul Session Facilitator



JOHANNA MICKLE

Certified Natural Chef
Soul Session Facilitator



BACKWOODS SAUNA AT FOR-REST RETREAT



Our Packages

Package prices include sessions for up to 12 people

3 HOUR SESSION

\$480

guided meditation, yoga class, sauna

4 HOUR SESSION

\$660

guided meditation, yoga class, additional workshop (see options), sauna

FULL DAY SESSION

\$860

guided meditation, yoga class, additional workshop (see options), sauna, lunch, use of yurt & property for full day (for meetings, free time, walks etc)

OVERNIGHT

\$1000

guided meditation, yoga class, additional workshop (see options), sauna, lunch, use of yurt & property for full day, use of our 2 overnight accomodations (5 beds total)

*Additional options may include practitioners for individual sessions such as massage, acupuncture, reflexology and more. Please ask if interested.



Our Venue

FOR-REST RETREAT

We host our Soul Sessions on a 30' yurt. Right out the door there are over 3km of hand built trails on our 54 acre property, as well as the rail trail that goes to Salmo or Ymir. We have 2 short term rentals (sleeps a total of 8 people) and access to a portable 8 person sauna (owned by Backwoods Sauna)



Available workshops

SOUND IMMERSION

immersive vibrational healing journey

DANCE WORKSHOP

Fun and playful beginner dance moves (60 minutes)

GUIDED NAURE WALK (60-90 MINUTES)

Enjoy a peaceful walk in nature right out the door.

REFLEXOLOGY WORKSHOP

Learn how to use pressure points on your feet for healing and self care

GROUP REIKI

guided meditation and Reiki session

HYPNOTHERAPY

guided group hypnotherapy session

INTUITIVE PAINTING

hypnotherapy and painting workshop

ASTROLOGY WORKSHOP

