



## Our Facilitators

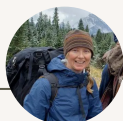
### CHEVAY RODDICK

Certified Hatha heart & Vinyasa yoga instructor, Anusara yoga alignment and Trauma informed yoga. Certified Sound Healer and Wilderness first aid attendant  
Soul Session Facilitator



### JOHANNA MICKLE

Certified Natural Chef  
Soul Session Facilitator  
Hiking Guide and outdoor/trail enthusiast  
Leads Guided Meditations



BACKWOODS SAUNA AT FOR-REST RETREAT

## 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>

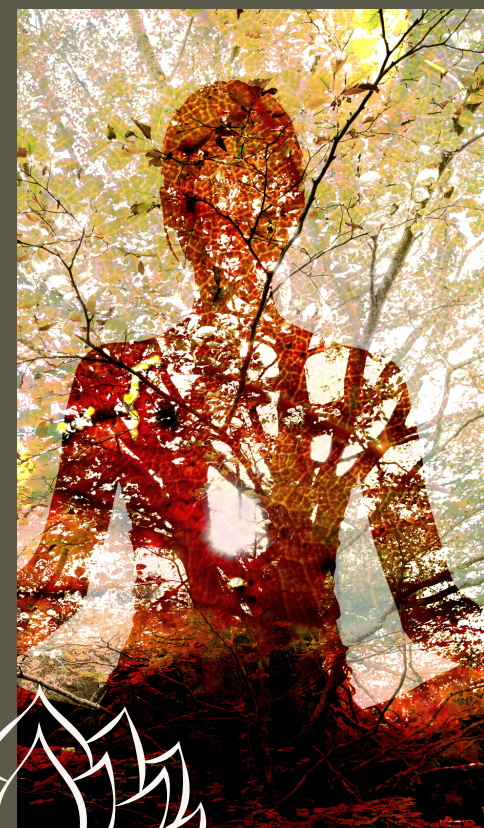


[info@for-rest.ca](mailto:info@for-rest.ca)



## Soul Sessions

CUSTOM WELLNESS SESSIONS FOR  
PRIVATE GROUPS OR BUSINESSES



GIVE THE GIFT OF WELLNESS  
[FOR-REST.CA](https://for-rest.ca) | [INFO@FOR-REST.CA](mailto:info@for-rest.ca)



# Our Packages

Package prices include sessions for up to 12 people

## 3 HOUR SESSION

**\$480**

guided meditation, yoga class, sauna or workshop

## 4 HOUR SESSION

**\$680**

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

## FULL DAY SESSION

**\$780**

guided meditation, yoga class, additional workshop (see options), lunch, use of yurt & property for full day (for meetings, free time, walks etc). Add on Sauna session for \$200

## OVERNIGHT

**\$1100**

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

Add Sauna for \$200

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

\*Note that the Sauna may not be available year-round



## 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)

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



## 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

SACRED CEREMONY  
rites of passage, stepping into conscious re-birth, cleansing old patterns

FUNDAMENTALS OF ASTROLOGY WORKSHOP

QIGONG WORKSHOP

