

Lakeside Inn
86 Creighton St. South
Orillia, ON, Canada
705-325-2514
LakesideInnOrillia@gmail.com
lakesideinnorillia.ca/index.html

Heart Lotus Health
Toronto, ON, Canada
647-883-5023
HeartLotus@icloud.com
heartlotushealth.com

Updated April 4, 2024



Lakeside Relaxing Retreat

Lakeside Inn, Orillia
Lake Simcoe, Canada

HeartLotusHealth.com

Heart Lotus Health is a holistic health and wellness practice offering services that inform, educate and support a balanced body, mind and spirit. All information, treatments, sessions and products are not intended to diagnose, mitigate, treat or cure illness or disease, or implied to be a substitute for medical advice, diagnosis or treatment. Do not disregard medical advice or delay medical treatment because of a treatment, session, service, or any information or products you have received or accessed with and through Heart Lotus Health.

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Everyone is welcome! We recognize diversity, enable participation, and inclusivity, welcoming anyone who wishes to discover and practice a natural, holistic approach to health and well being. No Yoga experience needed.

Heart Lotus Health retreats at Lakeside Inn aim to create a cozy, budget-friendly, joyful, healing environment to relax and unwind.

RETREAT BOOKING

First, register on-line at HeartLotusHealth.com for the Weekend Retreat Package to hold your spot. For a 1 night retreat, no need to register on-line.

Second, call or email Lakeside Inn to book your accommodations and pay.
LakesideInnOrillia@gmail.com (705) 325-2514

Booking ends 1 week before start of a Weekend Retreat Package, or sooner if rooms are fully booked.

COST

Day Retreat | 1 night stay | Room Cost plus \$45 per person + hst

Day Retreat includes:

- 1 night accommodation | 1 King Bed or 2 Double Beds | Private Bathroom
- Therapy Room access- Infra-red Sauna and Ceragem Massage Sessions
- Waterfront access on Lake Simcoe with private dock
- Communal outdoor charcoal bbq and firepit

Weekend Retreat Package | Friday, **Saturday, Sunday | 2 night stay | Room Cost plus *\$250 per person + hst

For example, if your room cost is \$350 for you and a friend for 2 nights, add *\$250 per person, then your total cost per person is \$425 + HST for a Weekend Retreat Package

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Weekend Retreat Package includes:

- 2 nights accommodation | 1 King Bed or 2 Double Beds | Private Bathroom
- All meals: Vegetarian Buffet style - Friday Dinner, Saturday Breakfast, Lunch & Dinner, Sunday Breakfast | Desserts, Fresh Fruits, Snacks | Herbal Teas
- Classes: Yoga, Breathwork, Meditation
- Workshops: e.g. Healthy Cooking, Healthy Living, Self-Care, *Specialty Workshop
- Therapy Room access- Infra-red Sauna and Ceragem Massage Sessions
- Evening Music
- Waterfront access on Lake Simcoe with private dock
- Communal outdoor charcoal bbq and firepit

*Additional cost may apply if the Weekend Retreat Package has a special guest facilitator.

**Option to participate Saturday only 9am-5pm \$175 + hst

FACILITIES

Ground Level

Dining, Kitchen, Lounge, 3-piece Bathroom: This area is only for Retreat Package participants; accessible behind the Front Desk.

2nd FLOOR

Studio: Yoga, Breathwork, Movement classes held here

Therapy Room: Infra-red sauna and Ceragem massage bed. A sign-up sheet is posted outside the Therapy Room. Book your time slot on the sign-up sheet, as other guests of the inn have access.

2-piece Bathroom: On the 2nd Floor, next to the Studio & Therapy Room

The 2nd Floor is accessible two ways (1) From inside the inn, up the stairs, next to the Front Desk (2) From outside, the back of the inn, no stairs, and wheelchair accessible.

The Grounds

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Lakeside Inn, built on a residential area in the 1960s on the northern tip of Lake Simcoe, is a small independent hotel run by a husband and wife team, who revitalized

the inn to create a cozy, budget friendly, get-a-way by the lake. Rooms with lakeside view. Cabins also available. Waterfront access with private dock. Communal outdoor bbq and firepit. Wheelchair accessible. Close to Mara Provincial Park with 29km trails for biking, hiking, walking, and 90 minutes from Toronto.

Getting the Most out of Your Weekend Retreat Package

There are many different types of retreat. We aim to offer you a relaxing and embodied journey of balancing and revitalizing body, heart and mind. We practice what we teach- the energizing and restorative system of Yoga and breathwork, the self-healing science of Ayurveda, and the liberating practices of Mindfulness-Based Meditation. Research support people's positive experiences with these practices such as helping them feel relaxed and calmer, more conscious and aware of healthier choices, and increased enthusiasm and more energy.

Retreat Package participants, please arrive a few minutes before each class begins. Yoga, exercise and meditation classes are held in the Studio (2nd Floor), and other classes may be held in the Lounge (Ground Floor).

All classes are optional attendance. If you are not feeling well, or experiencing any uncomfortable situation, please let us know immediately so we can take immediate steps to ensure your health and safety.

RETREAT ETIQUETTE

What to Bring

- If you choose the Weekend Retreat Package you may wish to bring your own yoga mat, blocks, and blanket, however, they are also available in the Studio. For taking notes during workshops, bring paper and pen. Handout support material will be made available.

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- Bring comfortable clothes, bathrobe, and slippers, a refillable water bottle and whatever else you need to be comfortable.
- Accommodations have a bathroom and tub or shower with toiletries, mini-fridge, coffee/tea maker, microwave, free WiFi, TV, and AC.
- Iron and ironing board and luggage storage are available.

Upon Arrival

- Free parking is available in front and behind the inn.
- All rooms at Lakeside Inn are wheelchair accessible. There are no elevators.
- Check in 3:00pm | Check-out 11:00am

Settling In

Weekend Retreat Package participants will gather for the start of their retreat at the Lounge, Friday 4:30pm.

Food

If you are Weekend Retreat Package participant, your meal times are: Breakfast 8:30am, Lunch 12:30pm, Dinner 6:30pm. There will be fresh fruit and other snacks on the dining table in between meals, and self-serve herbal tea, spring water, and other beverages on the beverage table. All meals are made from scratch, Ayurvedic inspired, and are vegetarian, with some plant-based items, sourced local, and/or certified organic when possible, and nutritionally balanced.

If there is a particular food you want to bring, you are welcome to do so. There is a mini-fridge in every room.

A TYPICAL WEEKEND RETREAT PACKAGE SCHEDULE

FRIDAY

2:00 pm	Arrive, Explore the grounds
3:00 pm	Check-in and settle
4:30 pm	Meet and Greet
6:30 pm	DINNER
8:00 pm	Relaxing Yoga, Meditation
9:00 pm	Unwind free time, or Evening Music in the Lounge
9:30 pm	Next Day's Meal Preparation Workshop

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SATURDAY

- 6:00 am Meal Preparation Workshop
- 7:00 am Gentle Yoga, Breathwork, Meditation
- 8:30 am BREAKFAST
- 9:00 am Outdoor time | Free time | Therapy Room Sessions

- 10:30 am Class/Workshop/Specialty Workshop: e.g. Self-Care Modalities, Preventative Healthcare or Special Guest
- 12:30 pm LUNCH
- 1:30 pm Outdoor time | Free time | Therapy Room Sessions
- 2:30 pm Class/Workshop/Specialty Workshop: e.g. Self-Care, Hormonal Health, Immunity, or Yoga, Breathwork and Meditation Class, or Special Guest
- 4:30 pm Outdoor time | Free time | Therapy Room Sessions
- 6:30 pm DINNER
- 8:00 pm Relaxing Yoga, Meditation
- 9:00 pm Unwind free time, or Evening Music in the Lounge
- 9:30 pm Next Day's Meal Preparation Workshop

SUNDAY

- 6:00 am Meal Preparation Workshop
- 7:00 am Gentle Yoga, Breathwork, Meditation
- 8:30 am BREAKFAST
- 9:00 am Outdoor time / Free time / Therapy Room Sessions
- 10:30am Fond Farewell - Lounge
- 11:00 am Check Out

All classes and workshops are optional attendance. If you are not feeling well, or experiencing any uncomfortable situation, please let us know immediately so we can take immediate steps to ensure your health and safety.

RETREAT REFUND POLICY

Visit HeartLotusHealth.com/policies

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YOUR RETREAT HOSTS

Evangeline Mangune, Holistic Health Coach and Yoga Teacher, with over 20 years experience as a Registered Massage Therapist (RMT), and founder of Heart Lotus Health. Evangeline leads live online seasonal Ayurveda and Yoga workshops, retreats, and along with her RMT practice, she guides others in cultivating health and balance in body, mind and heart. She is a certified Sri Sri Yoga Teacher, RYT500, an SV Ayurveda

certified Prānavidusī, Ayurveda Educator, and volunteer for the Art of Living foundation. She is currently finishing the Applied Specialization in Mindfulness Meditation certification program at University of Toronto-School of Continuing Studies.

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Mai Ling Tong has over 20 years experience in the health and wellness field. As a Yoga Teacher, nutrition & fitness specialist, and retired RMT, Mai-Ling inspires others to lead a natural, simple life of joy and goodness. She studied Hatha Yoga at Sivananda Centre in India and the Ashtanga tradition at Yoga Sanctuary in Toronto. She blends both Eastern and Western perspectives to foster a well-balanced path of self-awareness and self-healing.

Inquire for customized 1-Day or multi-day retreats or Bespoke On-Site Retreats with Evangeline HeartLotus@icloud.com (647) 883-5023

CONTINUING PROFESSIONAL EDUCATION

For RMTs, Chiropractors, Yoga Teachers, or other Health Care Professionals, classes and workshops offered may qualify for your continuing professional education.



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