A Family Retreat encourages and uplifts your whole family by providing many opportunities for fun and relaxation and togetherness. Imagine your family getting along better than ever... and enjoying time together. With the fast pace of modern life, the greatest challenge facing most people today is creating opportunities to spend quality time with family.
This Retreat will help reconnect the family and start to rebuild that family bond. Do fun family bonding activities get family counseling in a new creative way? Learn to understand each other better, and bring more love and positivity back into your home. Start to communicate with each other. Learn tools and techniques to strengthen your family bond and enjoy the time you share together as a family and also put yourself in touch with your kid's needs. Book your family retreat now and come bring your family closer than ever while being on vacation.

*Indoor Water Park for the kids*

*Petting Zoo, Pony rides*
Meet, Zen Wellness’s Loving & Nurturing Staff

Booking information:

ALL OUR RETREAT PACKAGES CAN BE PERSONALISED.

ASK OUR STAFF HOW TO PERSONALISE YOUR RETREAT?

STEP 1
Choose your destination, choose from anywhere in the world or our Calgary, Canmore & Bragg Creek locations

STEP 2
Pick your dates

STEP 3
Choose the durations of your Retreat / choose from 3-30 days
STEP 4
Choose what type of Retreat you want from one of our pre-designed packages 
or
Customize your own private Retreat package

STEP 5
*Add any additional services to your package from our list of add-ons

STEP 6
Call our office to book your Retreat @ 587.832-0455

STEP 7
[Once your Retreat has been booked and paid for, you will receive a receipt of payment & confirmation of your booking. An email will be sent out to you along with your receipt and your full itinerary.]

**CHOOSE A DESTINATION RETREAT**
*(Choose to have your Retreat Anywhere in the World!!)*
Calgary Accommodation Details:
(Minimum 2-night booking)

YOU WILL RECEIVE A PRIVATE 1-BR SUITE

Amenities Include:
- Complimentary Internet Access
- Air Conditioned
- POOL
- GYM
- YOGA STUDIO
- Alarm Clock
- Bathtub
- Cable TV
- Hairdryer In Room
- Iron
- Radio
- Shower
- Temperature Control
- TV
- Vaulted Ceiling
INCLUDED in our Retreats:

1. Accommodations in a "Private 1-bedroom suite", your choice of a King or Queen size bed
2. 3 healthy gourmet meals per day
3. Healthy snacks, herbal tea and spring water throughout your retreat.
4. Meditation sessions per day
5. Up to 4 hours of life coaching sessions per day.
6. Private Yoga Class

To make your stay complete, we also offer spa services, so you may treat your body to a day of relaxation and revitalization.

Add additional services to your package:

1. Personal Health and wellness coaching, 2 personal training session and customize meal plan $499
2. Aromatherapy Relaxation massages $149
3. Organic facial $132
4. Manicure and pedicure $145
5. Hot stone massage $174
6. Private yoga class $110
7. Beginners meditation class $45
8. Life coaching 1.5 hours $194
9. Body scrub with light Massages $225
10. Make-up $74
11. Hair style $110

You can also add the following to your retreat:

1. **Gourmet picnic basket $143**
   *(Great for couples)*

2. **Wine and cheese platter $168**
Upgrade to our beautiful Bragg Creek location
Mexico Location

Add Spa services to your Mexico Retreat package

Nurturing yourself is not selfish; it’s essential to your survival and wellbeing.

Self-care is Not about self-indulgence, it’s about self-Preservation
*Pricing for our Calgary Retreat location:

3-days-2-nights packages price
$1,148 + Tax / per person
2 guests sharing accommodation $1,694

1-Week $2,950 + Tax / per person

2-Weeks $6,420 + Tax / per person

4-Weeks $9,050 + Tax / per person

(Ask us about our prices for Retreats outside of Alberta)

If you are ready to book, fill out the form below and scan or email it back

PAYMENT INFORMATION DROP DOWN FORM