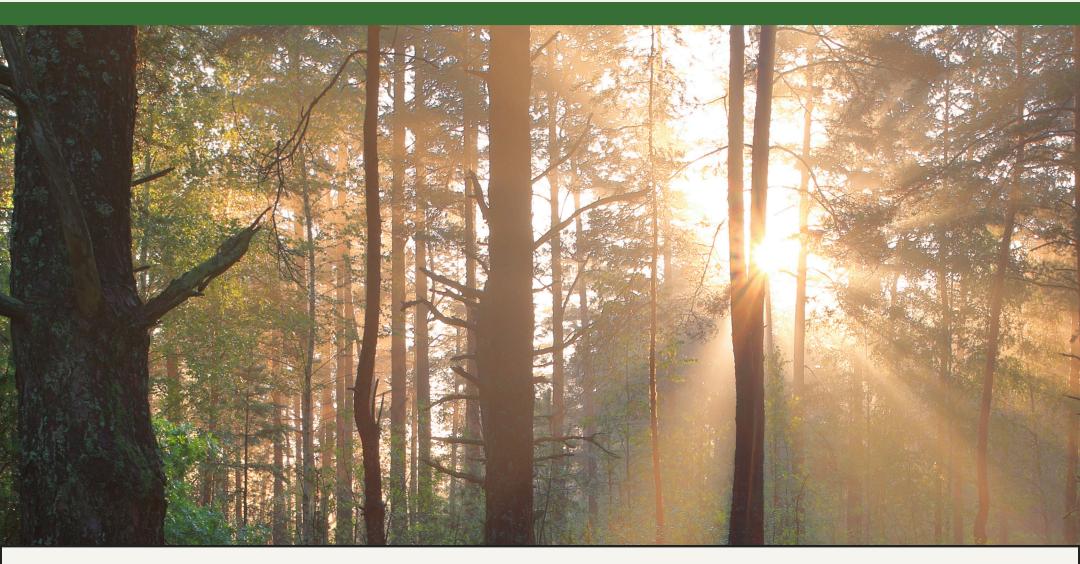
Restore & Renew

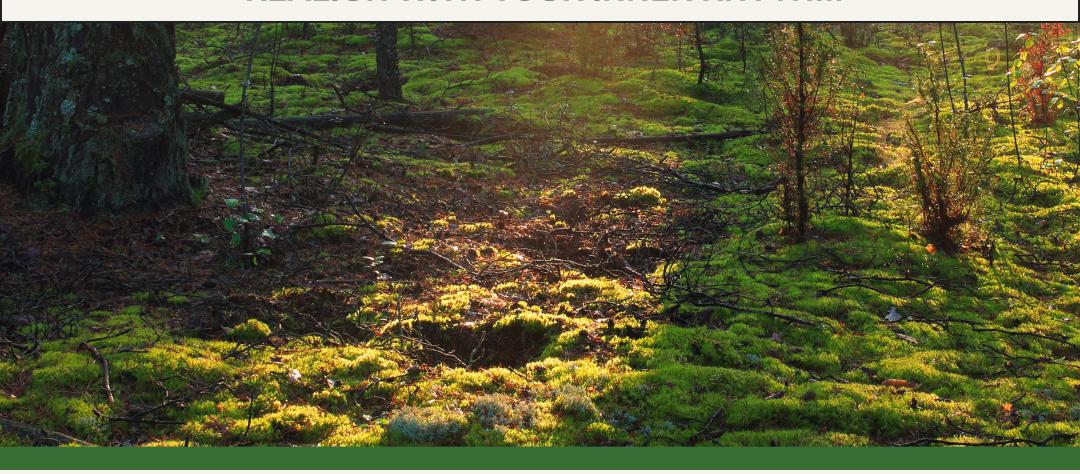
A Fall Equinox Retreat

September 20-21, 2025

Kingbridge Retreat Centre, King City, Ontario



COME HOME TO YOUR BODY
RECONNECT WITH NATURE
REALIGN WITH YOUR INNER RHYTHM



ABOUT

Join us for a deeply nourishing overnight retreat to honour the Fall Equinox—a time of transition, balance, and inner harvest.

Guided by Sara Salehi — neuroscientist, licensed acupuncturist, and holistic wellness practitioner — and Nicole Hynes, curator of immersive travel, culinary, and wellness experiences.

This Retreat is For You If Your're Seeking:

- Nervous System Regulation & Deep Rest
- A mindful transition into the autumn season
- Connection to body, breath and nature
- A safe and inclusive space to be held and supported

All levels and bodies are welcome. No prior experince required.

love Sara & Micole





WHAT'S INCLUDED

- Welcome Tea & Opening Qi Gong Ceremony
- Restorative Yin Yoga, Movement and Meditation
- Morning Yoga and Qi Gong Fusion Practice
- Guided Nature Walk & Forest Bathing Ceremony
- Evening Circle and Fire Ceremony for Intention Setting and Connection
- Beautiful Accommodation at Kingbridge Retreat Center
- Three Nourising Meals (with optional Sunday lunch)
- Access to Swimming Pools, Sauna and Tranquil Walking Trails

All levels and bodies are welcome. No prior experince required.





RETREAT PRICING & REGISTRATION

Early Bird Rates (Until August 15)

Double / Shared Room \$867 + HST \$113 = \$ 980.00 CAD Register Click Here

Private Room \$1018.00 CAD + HST \$137 = 1150 CAD Register Click Here

Regular Price (after August 15)

Double / Shared Room \$ 1053 + HST \$ 137 = \$ 1190 CAD

Private Room \$1207CAD + HST \$157 = \$ 1361 CAD

For more info Email sara@sarasalehi.ca

Limited spaces available to preserve intimacy and care





LOCATION

Location- Kingbridge Retreat Centre 12750 Jane St, King City

Nestled in King City's lush woodlands just 45 minutes from Toronto, Kingbridge is a mission-driven retreat dedicated to sustainability through strong local farm partnerships—offering a stay that's both restorative and purposeful.

Surrounded by scenic trails and natural beauty, the venue features indoor-outdoor lounges, swimming pools, sauna, and peaceful spaces designed to rejuvenate the mind and body.

Accommodations are designed with comfort and flexibility in mind. Shared rooms offer two double beds, while private rooms provide the luxury of a king-sized bed—perfect for rest.

We can't wait to share this wonderful place with YOU!

LINK to learn more about Kingbridge



