THE

KANANASKIS

WELLNESS WEEKEND

SEPTEMBER 18-20, 2026

WELCOME PACKAGE

A guide to your wellness
weekend in the rocky mountains

WELCOME

We’re so happy you’ve said yes to this experience. The Kananaskis Wellness Weekend was created to support your personal journey.

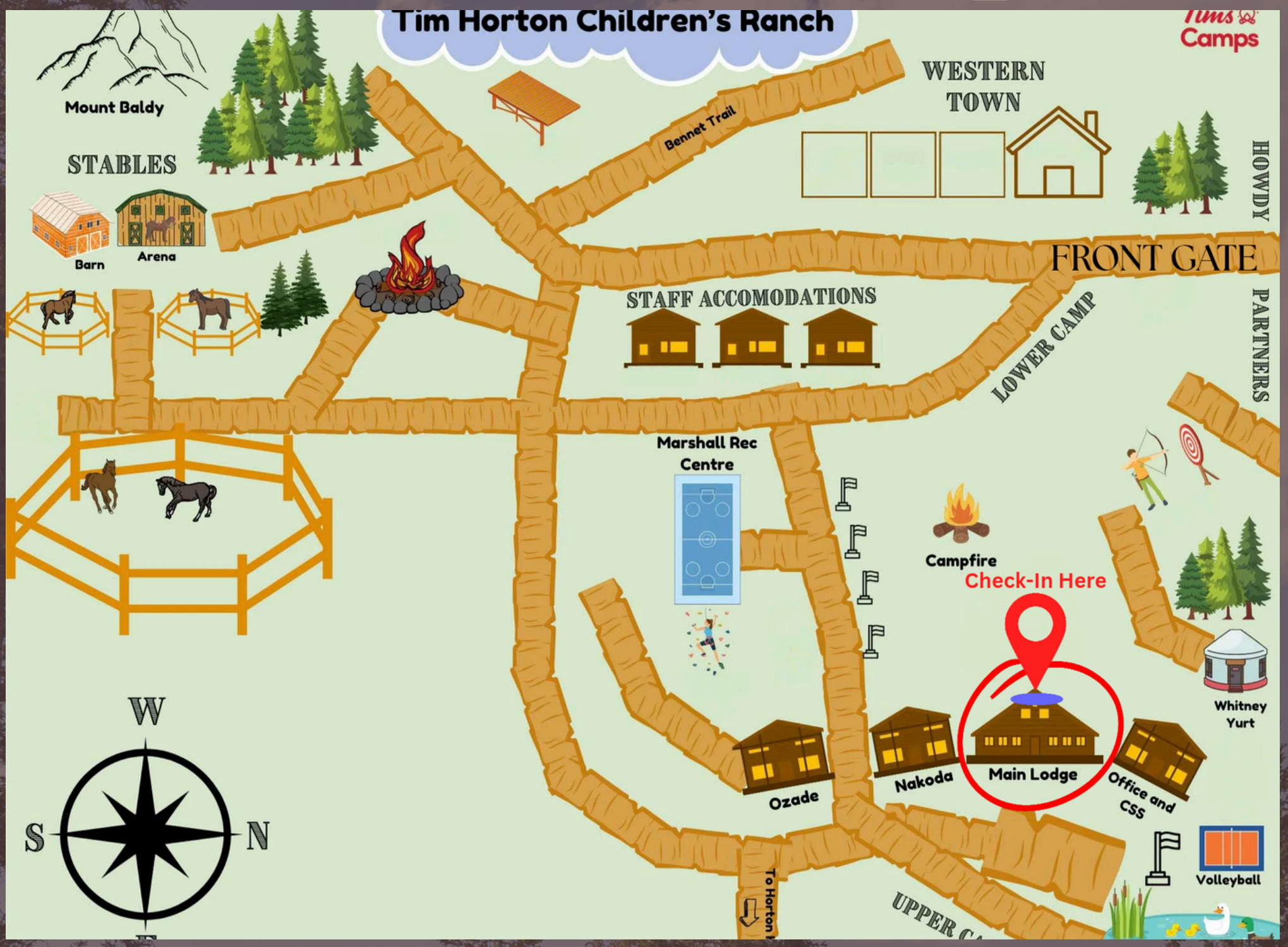
Whether you’re coming to explore new practices, deepen your relationship with yourself and others, or simply settle into the presence of the mountains, this weekend brings together a thoughtful mix of dedicated facilitators and like-hearted participants.

You’re invited to choose what resonates with where you are now, and to give yourself permission for spaciousness in between.

This guide has been put together to help you feel grounded and informed before arrival.

Please take a few moments to read through the details, and reach out anytime if questions arise.

Land map



LOCATION:

TIM HORTON CHILDREN'S RANCH

MAIN LODGE

SEPTEMBER 18-20, 2026

FRIDAY EARLY ARRIVAL CHECK-IN:

6:00-7:00PM

SATURDAY DAY PASS CHECK-IN :

9:30-10:30AM

FULL PASS SAT-SUNDAY CHECK-IN:

9:30-10:30AM

Please Check-In at the Main Lodge upon arrival to receive your room assignment, paper map including location of modality sessions, add on's & finalized schedule.

Accommodation Details

We want to ensure you have a comfortable and restful stay during your time at The Kananaskis Wellness Weekend.

Here’s what to expect regarding lodging.

Each room has 2 Full Bunk Beds

Shared Lodging :
Max occupancy: 3 people per room.

Double Lodging:
Maxi occupancy : 2 people per room.

Private Lodging:
1 Person per room

Bathrooms:
Each room shares a large adjoining bathroom with the room next door. The bathrooms are equipped with several sinks, enclosed showers, and toilets.

Bedding & Linens:
Each bed is made up with linens, a pillow and comforter. You are welcome to bring additional pillows and blankets for comfort.

Packing check list

WE HAVE SIMPLIFIED THE WEEKEND BY SUPPLYING ALL FOOD AND LODGING SO WHAT DO YOU BRING?

HERE IS A NON EXHAUSTIVE LIST OF ITEMS TO BRING:

- **YOGA MAT/ MEDITATION CHAIR**
- **WATER BOTTLE**
- **BUG REPELLENT**
- **FLASH LIGHT / HEADLAMP**
- **TOILETRIES**
- **BATHING SUIT (FOR SAUNA/COLD DIP)**
- **TOWELS x 2**
- **WARM WATERPROOF JACKET**
- **COMFORTABLE LAYERED CLOTHING**
- **EXTRA PILLOW/BLANKET FOR COMFORT**

TO ALIGN WITH THE POLICIES OF THE TIM HORTON CHILDREN'S CAMP ALCOHOL AND OUTSIDE FOOD/BEVERAGE IS NOT PERMITTED.

Schedule

September 18-20, 2026

Friday - Early Arrival Pass

6:00-7:00pm	Check-In
7:30pm	Dinner
8:30pm	Astral Sound Bath & Meditation

Saturday- Full Pass & Day Pass

7:30am	Slow Morning Cafe - Coffee, Tea & Fruit
8:30am	Breakfast (Friday Early Arrival only)
9:30-10:30am	**Check-in: Full Pass & Day Pass**
11:00am	Opening Ceremony
12:00pm	Lunch
1:30pm	Modality Session 1
3:30pm	Modality Session 2
5:30pm	Dinner
7:00pm	Drum Circle
9:00pm	Community Fire & After Glow

Sunday- Full Pass

7:30am	Slow Morning Cafe - Coffee, Tea & Fruit
8:30am	Breakfast
10:00am	Modality Session 3
11:30am	Snack
12:00pm	Closing Sound Bath
1:00pm	Slow Departure

Communal Activities & Meals

In between breaking out into smaller groups during our modality sessions we will join together for communal meals and activities.

DRUM CIRCLE WITH MARCUS

Gather in circle for a rhythmic, heart-opening experience led by Marcus Fung. This guided drum circle invites you to connect through sound, movement, and shared rhythm. No musical experience is needed just a willingness to listen, play, and feel the collective energy build as the group creates something together.

AFTERGLOW & CAMPFIRE

After Glow Hour is a relaxed, social space to connect, reflect, and integrate. Enjoy soft light installations, gentle music, and creative touchpoints or just take some time to decompress and hang around the campfire

CLOSING SOUND BATH

Close out the weekend with a grounding sound bath designed to support reflection, integration, and a gentle transition home.

Choose Your MODALITY SESSIONS

MODALITY SESSION 1

Saturday

Forest Bathing with Joelle
Reconnect with nature through mindful time among the trees.

Discover Your Dosha with Amanda
Explore Ayurveda and learn more about your unique mind-body constitution

Emotional Freedom Technique with Shannon
Learn about EFT, a practice that combines tapping on the body with focused intention

MODALITY SESSION 2

Saturday

Natural Cold Exposure with Tyrone
Using breath as your guide, step into the mountain waters of the Kananaskis River

Human Design 101 with Jenna
Discover your unique design through your personalized Human Design chart

Nervous System Regulation with Jodi
Learn to recognize your nervous system patterns and respond with greater awareness

MODALITY SESSION 3

Sunday

Soul Canvas with Joelle
Slow down, pick up a paintbrush, and create from a place of curiosity.

Somatic Meditation with Laura
A gentle blend of somatic practices, meditation, sound, and flower essences

Face & Neck Gua Sha with Dr. Sandra Markieta
A hands-on introduction to facial and neck Gua Sha rooted in Traditional Chinese Medicine

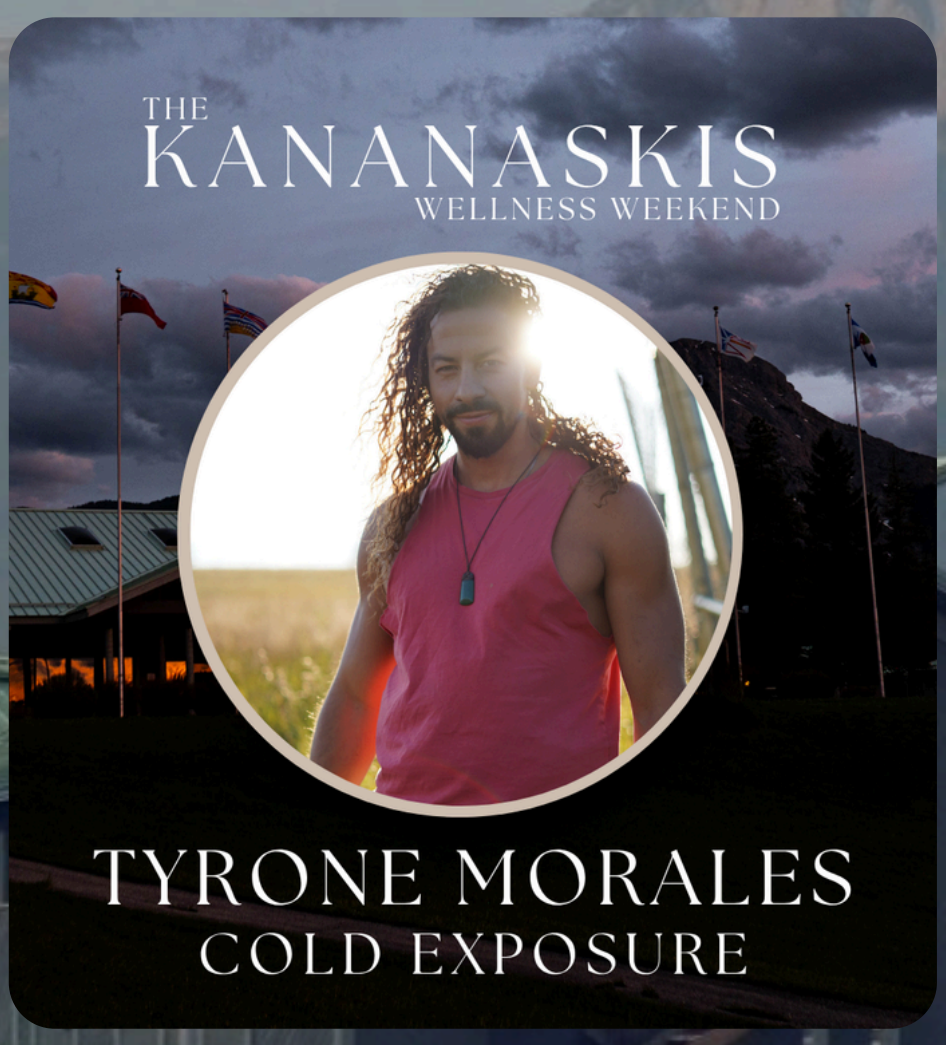
Aromatherapy with Lauren
Create a roller blend to take home while learning about scent, intention, and everyday uses

REGISTER HERE

Meet Your FACILITATORS





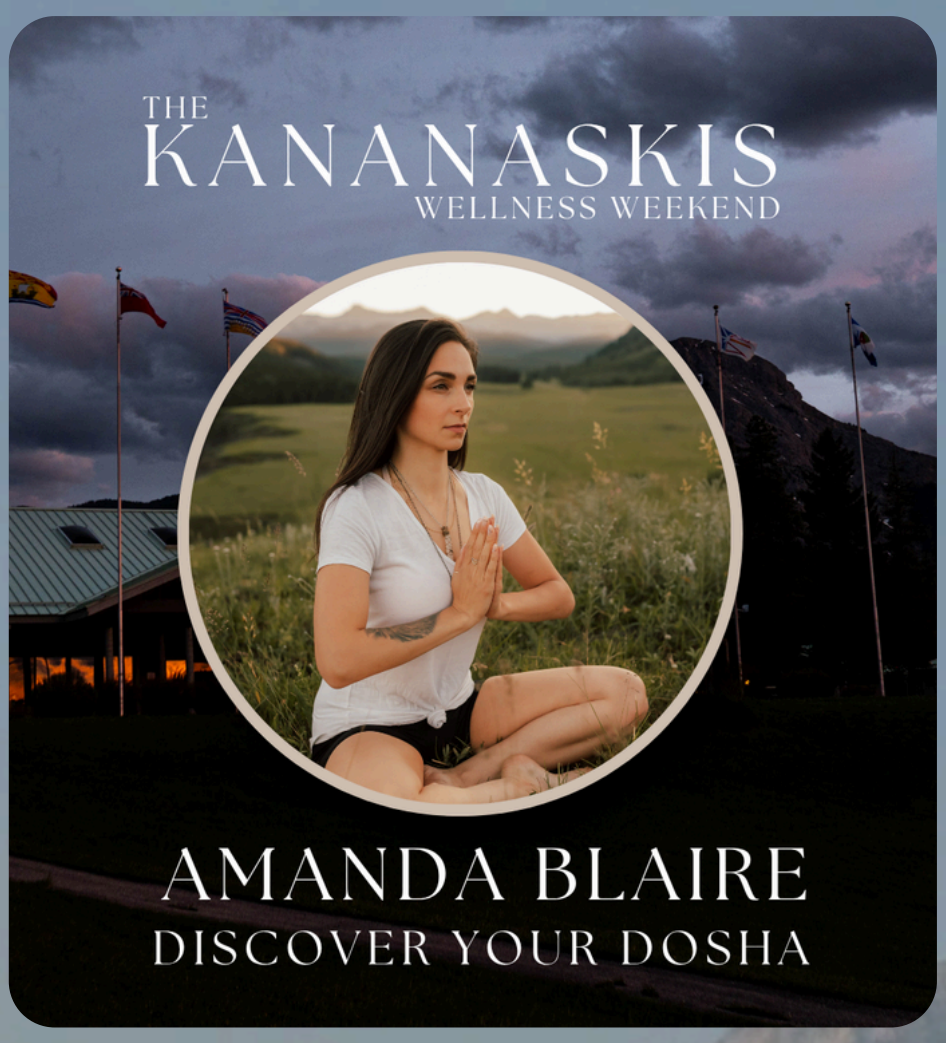








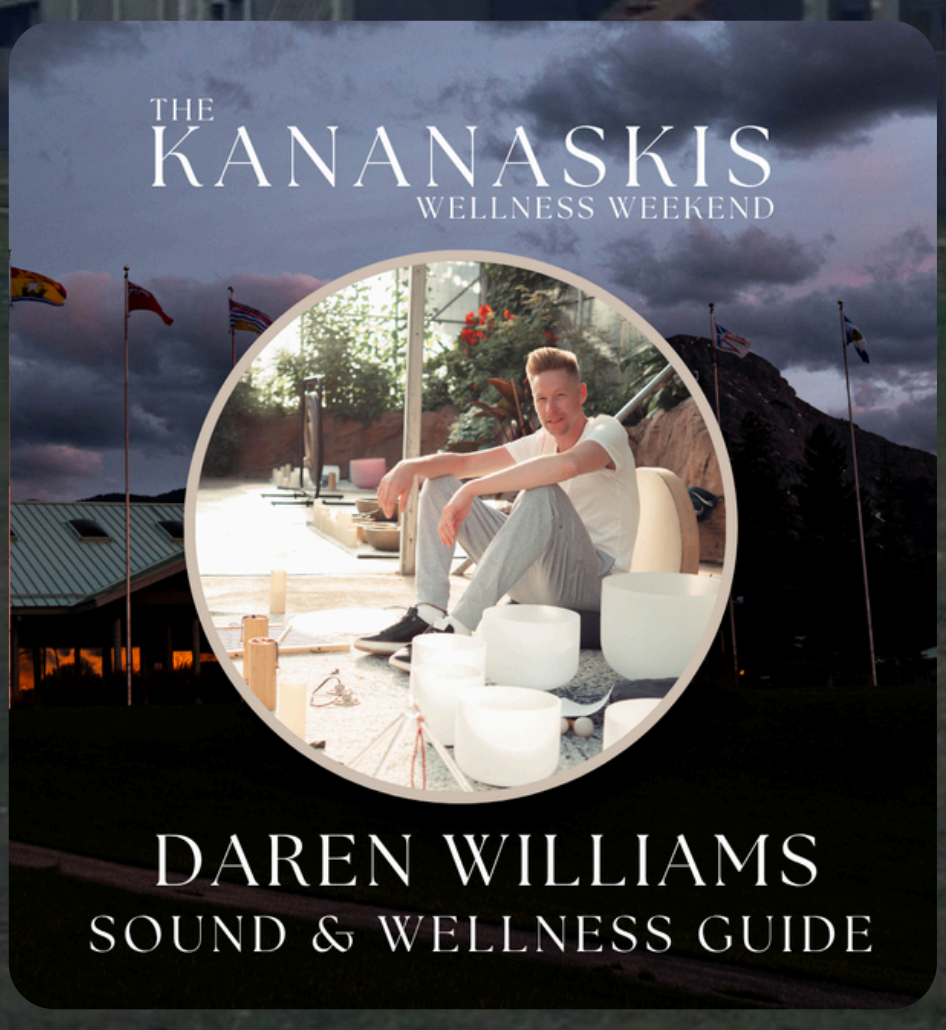
Meet Your
FACILITATORS













Add Ons

Personalize your weekend with optional add-ons

ACUPUNCTURE

Acupuncture | 45 Minute $79
Ear Seeds | 20 Minute $45

Rooted in Traditional Chinese Medicine and informed by modern science, these treatments support balance, circulation of Qi, and nervous system regulation. Each session is tailored to your individual needs

NEW

MASSAGE

45 Minute $105 | 60 Minutes $125
75 Minutes $145 | 90 Minutes $170

Customized massage sessions with RMT are tailored to each participant, combining therapeutic and relaxation-based techniques based on your body's needs, preferences, and intentions for the session.

Email Brittany to Book: brittanycarl9gmail.com

Bloom Tune Up

45 Minutes | $55

Designed to reset the nervous system and support pain relief, chronic illness recovery, and deep renewal, Bloom Tune Up Mini Session blends powerful leading edge healing modalities like sound healing, PEMF, energy healing, flower essences and more.

WILD PRESENCE PHOTOSHOOT

4 Photos | $111 | 15 Minutes

Capture yourself as you are. Real, alive, in your element. Soft, grounded & playful we will capture you in the moment. You will be guided so nothing feels awkward. This can be anything from outdoor boudoir to creative portraits.

Click the buttons to book your appointments

Add Ons

Personalize your weekend with optional add-ons

MINI HUMAN DESIGN READINGS

$50 | 30 Minutes

A short, personalized session offering insight into your energy, decision-making style, and natural strengths. A helpful introduction or gentle refresher to support self-understanding and alignment.

CARD READINGS

$50 | 30 Minutes

Bring a question or come open and curious. This intuitive, grounded reading offers clarity, perspective, and practical guidance with a touch of lightness and surprise along the way. EMAIL: shannon@psychiccowgirl.com

NEW

HEALING SESSIONS

$85 | 30 Minutes

Spiritual Coaching, Energy Healing, Shamanic Practice, Intuitive Readings, Moon Readings and more. Discuss your individual needs upon arrival.

Click the buttons to book your appointments

To Do List:

As we get closer to arriving at the Tim Horton Children's Ranch, we wanted to share a to do list to make sure you are well informed and prepared forThe Kananaskis Wellness Weekend.

Fill Out All Forms:

1. **Tim Horton Children's Ranch Participant Form** : This is where you will share any dietary or general requirements for the weekend.
2. **Somatika Waiver:** This a mandatory piece of your registration process to attend the wellness weekend.
3. **Modality Session** : Select your modality sessions. This is a working form, you may add or change your selection until September 11 at 12pm.

Book your Add Ons on beginning July 1st
Enhance your weekend with a sauna pass, acupuncture, frequency healing sessions, a visit to the Alchemy Lab or Book a Reading.

Appointment times are limited. Take a look at the full schedule and book your appointments soon to avoid dissapointment.

INSTRUCTOR
JACQUELINE THOMPSON

How to make

THE MOST OF YOUR WEEKEND

Here are a few tips to ensure you get the most out of your time with us:

Fill Out All Forms

Your waiver and participant form must be signed to attend. Your Tim's participant form is where you will share any dietary preferences or accessibility needs. Please complete these ASAP.

Arrive with an Open Heart and Mind

Approach the weekend with a sense of curiosity and openness. Whether it's your first wellness retreat or your tenth, allow yourself to be present and explore without judgment or expectation.

Check-In on Time

Please arrive during check-in times listed in this package. This allows you to get settled, familiarize yourself with the venue, and ask any questions before the weekend begins.

Pace Yourself

We've curated a balanced schedule, but it's important to listen to your body. If you need rest, take it. Allow yourself space to recharge so you can be fully present in the activities.

Engage with Your Community

Part of the magic of wellness weekends is the connection you make with others. Whether it's sharing a meal or chatting between sessions, build community and support each other's journeys.

Be Present

Take time to appreciate the beauty around you. Whether you're in nature or in a group session, truly immerse yourself in the experience.

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The mountains are already waiting...

While they wait, if you have any questions or need additional support please contact us at **contact@somatika.ca**

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See you soon!