

THE KANANASKIS

WELLNESS WEEKEND

MAY 29-31, 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

MAY 29-31, 2026

FRIDAY EARLY ARRIVAL CHECK-IN:

5:00-6:30PM

SATURDAY DAY PASS CHECK-IN :

10:00-10:30AM

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**
- **HIKING SHOES (IF SELECTED HIKE)**
- **TOILETRIES**
- **BATHING SUIT (FOR SAUNA/COLD DIP)**
- **TOWELS x 2**
- **RAIN/WINTER 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

May 29-31, 2026

Friday - Early Arrival Pass

5:00-6:30pm	Check-in: Early Arrival
7:00pm	Dinner
8:30pm	Astral Sound Bath & Meditation

Saturday - Full Pass & Day Pass

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	After Glow

Sunday - Full Pass

7:45am	Sunrise Sound Bath
9:00am	Breakfast
10:00am	Modality Session 3
11:30am	Snack
12:00pm	Closing Ceremony
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

After Glow Hour is a relaxed, social space to connect, reflect, and integrate. Enjoy soft light installations, gentle music, and creative touchpoints.

SUNRISE SOUND BATH

Greet the day with a grounding sound bath as the sun joins us for our final day on the land.

Choose Your MODALITY SESSIONS

MODALITY SESSION 1

Saturday

Natural Cold Exposure
Emotional Freedom Technique
Forest Bathing
Pilates

MODALITY SESSION 2

Saturday

Breathwork
Natural Cold Exposure
Traditional Chinese Medicine
Human Design 101

MODALITY SESSION 3

Sunday

Interpretive Hike
Soul Canvas: Creative Arts
Somatic Meditation
Full Moon Ceremony

Meet Your FACILITATORS

THE
KANANASKIS
WELLNESS WEEKEND



JODI HOPE-JOHNSTONE
BREATHWORK

THE
KANANASKIS
WELLNESS WEEKEND



JOELLE BOURQUE
FOREST BATHING
& CREATIVE ARTS

THE
KANANASKIS
WELLNESS WEEKEND



DR. SANDRA MARKIETA
TRADITIONAL CHINESE
MEDICINE

THE
KANANASKIS
WELLNESS WEEKEND



MARCUS FUNG
DRUM CIRCLE

THE
KANANASKIS
WELLNESS WEEKEND



LAURA PASACRETA
SOMATIC MEDITATION

THE
KANANASKIS
WELLNESS WEEKEND



TYRONE MORALES
GUIDED BREATH
& COLD EXPOSURE

Meet Your FACILITATORS

THE
KANANASKIS
WELLNESS WEEKEND



SARAH HARPER
PILATES

THE
KANANASKIS
WELLNESS WEEKEND



ELSBETH MACPHEE
INTERPRETIVE
HIKING GUIDE

THE
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WELLNESS WEEKEND



JADE SALKELD
FULL MOON CEREMONY

THE
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SHANNON LAACKMANN
EMOTIONAL FREEDOM
TECHNIQUE

THE
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WELLNESS WEEKEND



JENNA MACINTYRE
HUMAN DESIGN

Meet Your FACILITATORS

THE
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MEGHAN TEICHRIB
FOUNDER
SOUND FACILITATOR

THE
KANANASKIS
WELLNESS WEEKEND



DAREN WILLIAMS
SOUND &
WEEKEND WELLNESS GUIDE

Add Ons

Select from a variety of additional wellness add ons

SAUNA PASS

Sauna Pass | 45 minutes

A private 45-minute sauna session to warm the body, relax muscles, and support circulation.

MASSAGE

30 Minute | \$70

A focused massage for the neck, shoulders, and scalp to release tension, improve circulation, and promote relaxation.

45 Minute | \$80

A targeted session designed to calm the nervous system and release areas of tension. Ideal for a grounding reset between retreat activities.

CHAIR MASSAGE

BOOK A 15 OR 30 MINUTE CHAIR MASSAGE

\$45-\$65

ACUPUNCTURE / EAR SEEDS

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

PLEASE CLICK BUTTONS TO BOOK YOUR APPOINTMENTS

Add Ons

Elevate your wellness weekend

MINI HUMAN DESIGN READINGS

**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

**Oracle Card Reading | \$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.

Send an Email to shannon@psychiccowgirl.com to book

PLEASE CLICK BUTTONS TO BOOK YOUR APPOINTMENTS

Add Ons

Elevate your wellness weekend

WILD PRESENCE PHOTOSHOOT

4 Photos | \$111
15 Minutes

Capture yourself as you are. Real, alive, in your element. Soft, grounded and 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.



ADD ON OPTION

*NOT INCLUDED IN TICKET PRICE

Alchemy Lab

BY GOLDEN SOULS

Designed to reset the nervous system and support pain relief, chronic illness recovery, and deep renewal, The Alchemy Lab blends powerful leading edge healing modalities like sound healing, PEMF, energy healing, and more.

Mini Session 1:

Solex, Access Bars & Red Light Therapy

- 1:1 Access Bars with Gong Bath
- Solex Bio-Resonance Scan & Optimization Reading
 - Red Light Therapy

BOOK SESSION 1

Mini Session 2:

Swissbionic PEMF & Sound Healing

- PEMF with Brain Entrainment Goggles
- Sound Pods & Tuning Forks
- Solex Bio-Resonance Scan & Optimization Reading

BOOK SESSION 2

JACQUELINE THOMPSON

PLEASE CLICK BUTTONS TO BOOK YOUR APPOINTMENTS

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

If you haven't already, make sure to complete all the necessary forms ([this participant form](#) & make your [Modality session selections](#)). This helps us tailor your experience and make sure everything is ready for you when you arrive.

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.

*The mountains
are already
waiting...*



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

See you soon!

To Do List:

A gentle reminder on what to complete no later than May 22, 2026

As we get closer to arriving at the Tim Horton Children's Ranch, we wanted to reach out with a to do list to make sure you are well informed and prepared for The 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 Terms & Conditions**: These were a mandatory piece of the registration process listed under policies, please have anyone you registered on behalf of complete this form.
3. **Modality Session** : Select your modality sessions. This is a working form, you may add or change your selection until May 22, 2026 at 12pm.

Book your Add Ons

Enhance your weekend with a sauna pass, massage, 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 today!

Book appointment

We are missing a high number of participant forms, please share this email with anyone you may have registered on behalf of. The participant form is intended to be completed by each person attending.

JACQUELINE THOMPSON

