

R O O T E D I N  
W E L L N E S S  
R E T R E A T

6-9.JUNE.2024

REVIVE *Your* HEALTH

INVITE YOUR  
NEIGHBOURS

CAMP  
PUGWASH



**100 SPOTS  
ONLY**

Prices include a cabin, meals, and workshop supplies:

Until May 14th:

Per person: \$150

Couples: \$250

Family: \$350 (Please specify the number of family members)

After May 14th:

Per person: \$200

Couples: \$300

Family: \$400 (Please specify the number of family members)

Day passes (Includes lunch and classes):

Per person: \$25

To register, please contact [catherine.walsh@maritimesda.com](mailto:catherine.walsh@maritimesda.com)

Hands-on  
Massage

Hydrotherapy  
Techniques

Cooking  
Workshops

Natural  
Remedies

Health Talks

Tranquil Walks