



STILL Retreat into Joy. Lighten the Load.

The Still Center Retreat is more than a getaway – it's a life-shifting experience designed to help you reconnect with what matters most, release what no longer serves you, and return home feeling lighter, freer and more energized.

Step away from the weight, clutter and busyness of everyday life – and retreat into stillness, nature, connection and joy.

THE JOURNEY

We guide you through four powerful stages:

- 1 **Grounding** – Creating stillness, presence and openness.
- 2 **Visioning** – Clarifying what truly matters and what brings you lightness and joy.
- 3 **Clearing** – Breaking through obstacles and letting go of what weighs you down.
- 4 **Actioning** – Turning clarity into renewed focus and inspired action.



THE EXPERIENCE

- **Nature & Luxury, Together** – A private 7,000 sq. ft. lakefront lodge on Sandy Lake ("Lake of Spirits"), with heated swim spa, yoga studio, wellness library, fire pits, paddle boards, canoes, and endless space to restore and recharge.
- **Immersive Experiences** – Fire ceremonies, guided meditations, silent nature walks and not-so-silent drum circles. Dream Cards, Dream Sheets and Dream Masterminds to help create space for what lights you up.
- **Balance of Flow** – Transformational sessions, group and individual activities, plus free time for reflection and connection.
- **Private Coaching** – Two one-on-one sessions (one before and one after the retreat – \$500 value).

THE TRANSFORMATION

By the end of the retreat, you will:

- **Feel lighter** – mentally, emotionally, physically and spiritually.
- **Experience renewed clarity** – about your path forward.
- **Know how to shift** – when challenges arise and threaten to weigh you down.
- **Reignite joy, energy and momentum** – to lighten the load on your journey.
- **Leave feeling unstuck** – unburdened and ready to live with more ease and flow.

UPCOMING RETREATS

Dates • November 6–9, 2025

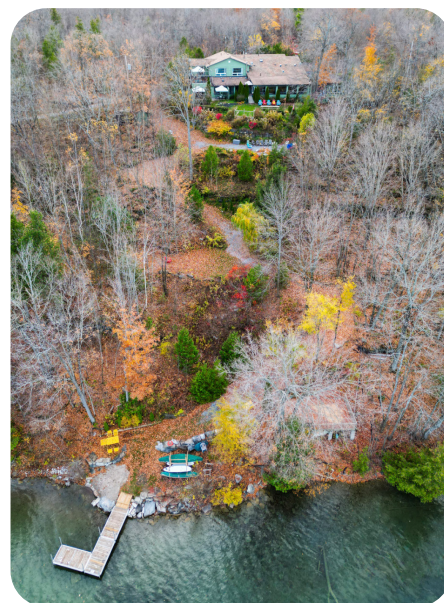
• December 4–7, 2025

Location • Green Nest Lodge, Kawarthas (2 hrs east of Toronto)

Investment • SUPER Early-Bird: \$2,444 + HST

• Early-Bird: \$3,444 + HST

• Includes 3 nights private accommodations, all meals/snacks/drinks, activities, private coaching, PLUS gifts and surprises.



Get in Touch! With Us and Your Dream!

Greg De Koker, Dream Catalyst • greg@stillcenter.ca • 416-219-5799 • www.stillcenter.ca