

SUMMER SOLSTICE RETREAT

CULTIVATING YOUR LIGHT

JUNE 20–24TH, 2024



SCOTT DAVIS, D. ACP

With two decades of experience, Scott integrates therapeutic traditions and contemporary approaches to health and human movement in ways that are clear, accessible, fun and authentic.

DR. CARRIE WATKINS, ND

A passionate educator, Carrie's teachings balance the precision of functional movement with play and ease. She is most interested in the ongoing relationship between movement and psychology.

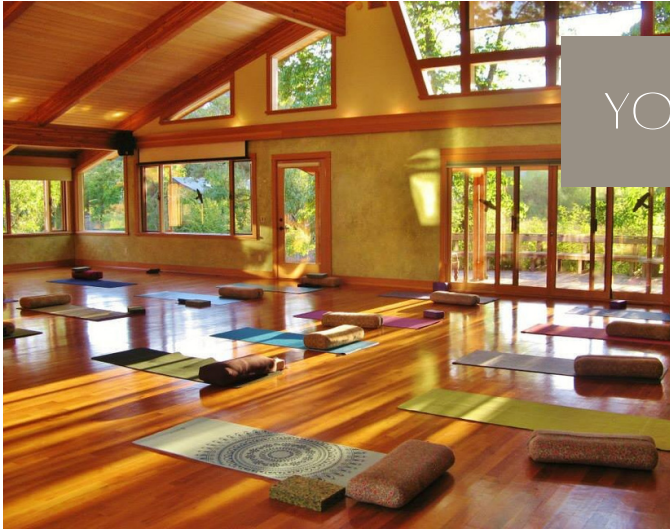


STOWEL LAKE FARM,
SALT SPRING ISLAND

Stowel Lake Farm is a thriving organic farm, retreat centre and community on Salt Spring Island. The farm is located on over a hundred acres of mixed forests, rocky outcrops and rolling hills.

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YOGA, MOVEMENT, RESTORE

We will offer 3 movement classes each day (everything is optional of course). Morning yoga, midday play and evening restorative practices.

SOLSTICE TRANSITION

Our intention is to support your transition into the summer and light. Spend time engaging with the landscape, tour the farm, build community and restore however you need.



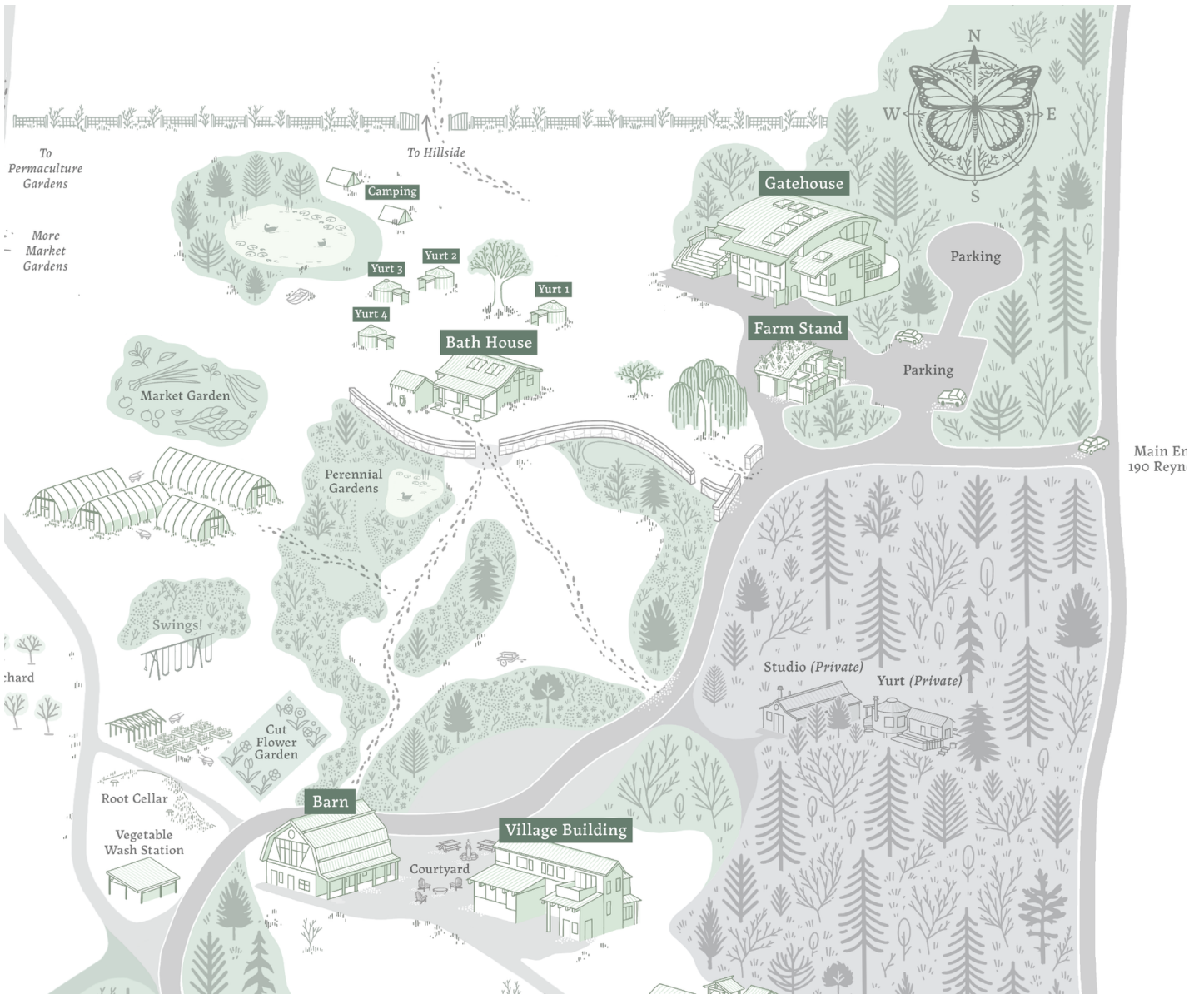
CUISINE

Delicious, nourishing meals are included with options for different dietary needs. Meals include fresh, local ingredients from the farm.

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SITE MAP



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There are many different accommodation options. Price ranges from \$1,120 - \$1,520 per person and include all fees, meals and taxes. All prices are shown in CAD.



SHARED YURT

Restful and cozy yurt accommodation with two beds and shared bathroom.

\$1400 per person

SHARED REGULAR

Comfortable rooms with views of the farm, two beds and a shared bathroom.

\$1550 per person



PRIVATE REGULAR

Cozy, private rooms with shared bathroom.

\$1700 - \$1750 depending on room



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SHARED DELUXE

Two beds and a private bathroom for a deluxe and comfortable experience.

\$1750 per person

TENTING

As the days warm up in June, you may choose to bring your tent and camp on the beautiful grounds. Shared bathroom access. **\$1200 per person**



ROOM INQUIRIES

Please reach out if you have any questions about accommodations

sscottandcarrieretreat@gmail.com

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GETTING THERE

By Ferry:

Stowel Lake Farm is located close to Fulford Harbour. Access to the ferry is from Swartz Bay Terminal near Victoria on Vancouver Island.

Visit www.bcferries.com for schedules and reservations.

For those on foot, there is a shuttle option from Fulford Harbour Ferry Terminal to the farm. Please let us know if you will need this.

By floatplane:

Take a floatplane from the Vancouver Airport or from downtown Vancouver to Ganges Harbour on Salt Spring Island.

Floatplane options: Harbour Air Seaplanes, SeaAir Seaplanes.

By plane:

Fly to Victoria Airport, take a 10 minute cab ride to Swartz Bay Ferry Terminal & catch the ferry to Fulford Harbour, Salt Spring Island.

PAYMENT DETAILS

Confirm your spot with a \$450 CAD non-refundable deposit.

Final Payment is due on or before April 1st , 2024.

Registration link: scottdavisholistic.com/retreats/ssi2024

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CANCELLATION POLICY

Should you need to cancel your reservation at least 90 days prior to the start of the retreat, you will receive a refund for payment made less the \$450 deposit. Should you need to cancel less than 90 days prior to the retreat, we will not be able to provide a refund or credit so you are strongly urged you to obtain trip interruption and cancellation insurance. In the unlikely event that the retreat is cancelled, you will receive a full refund.

GET IN TOUCH!

Please reach out if you have any questions.
We are so excited to share this restorative and inspiring
retreat with you!

EMAIL: scottandcarrieretreat@gmail.com

REGISTRATION LINK: scottdavisholistic.com/retreats/ssi2024

STOWEL LAKE FARM: stowellakefarm.com