



WELLNESS RETREAT

JOIN US APRIL 2024

THE
VERANDAH
Antigua

A week of all-inclusive wellness in Antigua in April 2024 with fitness professionals Maureen (Mo) Hagan, Nathalie Lacombe and Loredana Wainwright who will be your onsite wellness champions, leading you through an unforgettable self care experience.

Your Exclusive Experience Includes

- Your flights from Toronto (April 6) or Montreal (April 5)
- Daily grounding yoga and meditation for all levels
- Aqua Zen and joyful movement workouts for body bliss
- Curated wellness sessions of empowerment and self-care
- Specially crafted culinary experience
- Hiking excursion to Antigua's famous "Pillars of Hercules"
- Welcome reception and farewell beach dinner
- Transportation to/from the airport and excursion
- Event gift bag (approx. value of \$400)

Starts at \$4,899 per person double occupancy

GoodLife
REWARDS



AIR CANADA
VACATIONS

FITNESS
FOR
ALL

WELLNESS RETREAT

THE
VERANDAH
Antigua

Meet fellow wellness enthusiasts in the backdrop of the beautiful, newly renovated Verandah Antigua to refresh, recharge and rejuvenate the mind, body and soul.

GO BEYOND A VACATION.
TAKE HOME YOUR BEST YOU.

GoodLife Members save 5% with your
GoodLife Rewards Program!



Your Wellness Retreat Calendar

Your journey to self-care in the sun starts here!
Here's what to expect this week.

Friday, April 5	Saturday, April 6	Sunday, April 7	Monday, April 8	Tuesday, April 9	Wednesday, April 10	Thursday, April 11	Friday, April 12	Saturday, April 13
<p>Montreal travellers: Airport arrivals and bus transfer to hotel Hotel check-in</p> <p>Meet & Greet with Montreal trainer</p>	<p>9:00 - 10:30 a.m. Yoga & Meditation for All Levels</p>	<p>9:00 - 10:30 a.m. Yoga & Meditation for All Levels</p> <p>11:00 a.m. - 12:00 p.m. Joyful Movement</p>	<p>9:00 - 10:30 a.m. Yoga & Meditation for All Levels</p> <p>11:00 a.m. - 12:30 p.m. Culinary Experience</p>	<p>9:00 - 10:30 a.m. Chair Yoga & Meditation for All Levels</p> <p>11:00 a.m. - 12:00 p.m. Joyful Movement</p>	<p>8:00 - 11:00 a.m. Hiking Tour: Pillars of Hercules 2.5-3 hours Difficulty Rating: Moderate*</p>	<p>9:00 - 10:30 a.m. Yoga & Meditation for All Levels</p> <p>11:00 a.m. - 12:00 p.m. Joyful Movement</p>	<p>9:00 - 10:30 a.m. Yoga & Meditation for All Levels</p> <p>Montreal travellers: Hotel check-out Bus transfer to the airport and return flight</p>	<p>9:00 - 10:30 a.m. Yoga & Meditation for All Levels</p> <p>Toronto travellers: Hotel check-out Bus transfer to the airport and return flight</p>
Lunch								
	<p>3:00 - 4:00 p.m. Joyful Movement</p> <p>Toronto travellers: Airport arrivals and bus transfer to hotel Hotel check-in</p> <p>6:30 p.m. Welcome Mixer with Air Canada Vacations and trainers (cocktails & hors d'oeuvres)</p>	<p>4:00 - 5:00 p.m. Self-Care & Wellness Series #1</p>	<p>2:00 - 2:45 p.m. Aqua Zen</p>	<p>4:00 - 5:00 p.m. Self-Care & Wellness Series #2</p>	<p>2:00 - 2:45 p.m. Aqua Zen</p>	<p>4:00 - 5:00 p.m. Restorative Yoga & Reflection</p> <p>6:30 - 9:30 p.m. Farewell Beach BBQ Dinner</p>	<p>4:00 - 5:00 p.m. Restorative Yoga & Reflection</p>	

Your packing list

Yoga & Joyful Movement classes: Gym shoes, water bottle, yoga block, strap, mat
Pillars of Hercules hike: Activewear, walking shoes, sunscreen, towel, hat

*Moderate: generally suitable for novice hikers who want a bit of a challenge.
The terrain will involve a moderate incline and may have some steeper sections.



AIR CANADA VACATIONS

Making your
dreams travel®