



Relax, Renew, and Refresh

Our mission at Gaia Wellness is to offer a welcoming and tranquil space, set in the beauty of nature with the intention of providing a supportive environment for connection to body, mind and soul. Gaia Wellness Retreat is nestled on 55-acres of forested property just 15 minutes north of Wakefield, Quebec. We offer Corporate/ Group Rentals, Workshops, Personal Transformation Retreats & Mindfulness Programs for all ages, Weddings, Events, Cabin Rentals, Camping, and Private Functions.

- Personal Transformation Retreats - 5-14 day Programs

We offer programs that will help you to address painful and challenging life issues that are rooted in past experiences and false belief systems that create mental and emotional dis-ease. The Personal Transformation Retreat programs are developed using current health and wellness research, meditation and energy medicine and ancient and modern spiritual teachings. These programs can offer a daily schedule of yoga classes, meditation classes and sessions, counselling sessions with a Spiritual Therapist, Energy Healing, Sound Healing, Yoga Nidra, sauna sessions and diet support plus so much more. Our dedicated and experienced staff are committed to offering you a program that is designed to empower, awaken and inspire.

Program Options:

ReTreat to YourSelf - Intensive Retreat
Mindfully Recovering - Addiction Retreat
and more!

- Additional Services Available -

Spiritual Therapy
Compassionate Inquiry Therapy
Reiki/Energy Healing Sessions
PEMF + Sound Healing Sessions
Therapeutic Sound Healing
BioTuning Session
Sound Bath
Photsonix Light & Sound Session
Private Personal or Group Yoga Sessions
Far Infrared Heat Therapy
Relaxation Massage Treatment
RMT Massage

All programs and services are subject to availability.

Please contact us for more details!

info@gaiawellnessretreat.com or 613-894-4242