



Paramedics' Wellness Rescue Retreat

REO - RAFTING & YOGA RESORT

June 19-22nd, 2025

ALL INCLUSIVE 4-DAY WELLNESS RETREAT

Recharge your *body* and your *soul* at REO Rafting's picturesque resort along the river's edge of the Nahatlatch Valley. Revive yourself in this dynamic retreat to restore balance between all three aspects of your own nature: *Mind, Body* and *Spirit*. This retreat will nurture your health needs, so you can return more focused on saving others.

Guided by a dynamic wellness Instructor, this retreat for PARAMEDICS is a perfect blend of versatile Fitness, Wellness education, Relaxation and Interactive Fun. Energize your core, explore your natural healing powers, and connect with your community of like-minded first responders.

Leave feeling rejuvenated and inspired by new knowledge to support your lifestyle and career demands, along with cherishable memories to carry forward.



REO - Rafting & Yoga Resort - Boston Bar, British Columbia



June 19th-22nd Inclusions:

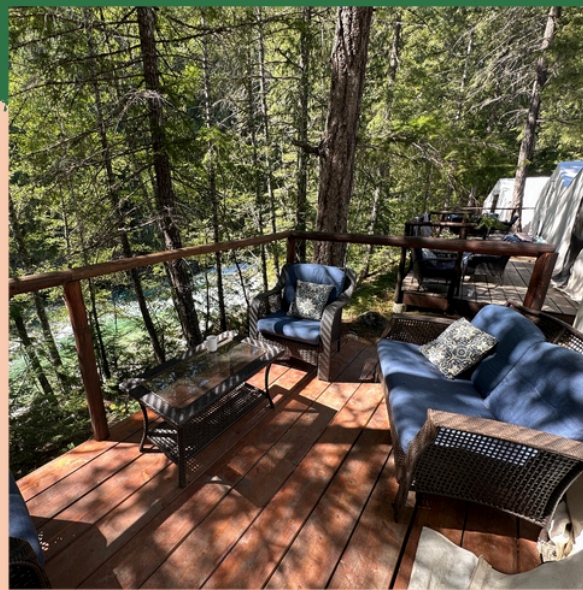
-> 3 Nights in a river's edge glamping tent

-> Private river-front patio

-> Exclusive itinerary with dynamic fitness, group activities & wellness workshops.

-> Nourishing meals & Desserts (food preferences welcome*)**

-> Social Activities, Sports & Amenities





4-DAY ITINERARY

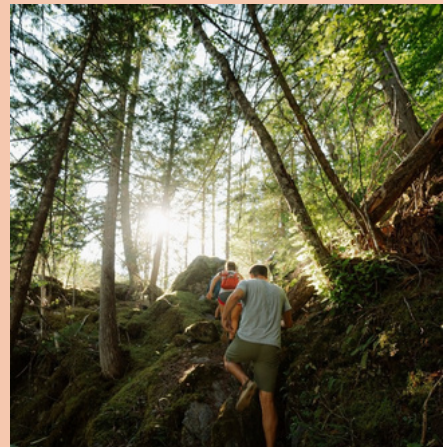
Day 1 – Arrival Day (June 19th)

- 4:00pm – Check in
- 5:45pm – Meet and Greet
- 7:00pm – Dinner
- 8:30pm – CORE Anchoring Class
- 9:30pm – Campfire or Hot tub



Day 2 - (Friday, June 20th)

- 8:15 am - Breakfast
- 10:00 am - Guided Hike Tour (optional)
- 11:30 am - Beach Lounge or * Free time
- 1:15 pm - Lunch
- 2:30 pm - Tone & Sculpt Fitness class (1 hr)
- 3:45pm - Wellness workshop - Sleep training
- 5:30 pm - Group Beach Volleyball
- 7:00 pm - Dinner
- 8:30 pm - 30 min mobility + stretch class
- 9:00 pm - Campfire or Hot tub





4-DAY ITINERARY:



Day 3 - (Saturday, June 21st)

- 8:15 am - Breakfast
- 10:00 am - River Rafting (9:00am-1:15pm *add-on) - or *Free time.
- 1:15 pm - Lunch
- 2:30 pm - Workshop - Nutrition for Stress
- 3:45pm - 45 min Cardio HIT class
- 4:30pm - Beach Lounge or *Free Time
- 5:45 pm - Group Activity/Game
- 7:00 pm - Dinner
- 8:30 pm - Mobilize & Stabilize class
- 9:00 pm - Campfire or Hot tub



Day 4 – Departure Day (June 22nd)

- 8:15am - Breakfast 9:15am - Morning Movement & Meditation class 10:00am - Closing ceremony/Group reflections 11:00am - Check-out

*(*optional massage? - book ahead)*

****Please note additional costs (exclusive retreat discounts applied) for activities such as river rafting, and massage. Additional activities may be booked during *free time blocks ahead. *NB: Itinerary is subject to change.**

WELLNESS RETREAT HOST

NAOMI GILLIGAN is a dedicated holistic nutrition and Health counsellor, and Seasoned Kinesiologist. She is the sole proprietor of her business, *Naomi4wellness*, where she focuses on improving comprehensive client wellbeing with compassionate and knowledgeable support. In her practice, she balances 4 key health pillars: Nutrition, Exercise, Stress and Sleep.

Naomi also works in a multidisciplinary clinic as a practicing kinesiologist (*Catalyst Kinetics, Burnaby, B.C.*). With over 11 years of experience in this field, she helps a wide range of clients reach their active health and injury rehabilitation goals, including athletes.

Naomi has been an active body throughout her life, and an outdoor enthusiast. She has been an avid soccer player, recreational athlete, and strives to be a leader in the health and wellness space through her education and life journey. As a sole parent of two boys, she proactively aspires and works to achieve a healthy life balance with a vast range of wellness tools and strategies, while inspiring and educating others to do the same.

~"Life is Not about finding yourself, it's about Creating yourself."



Naomi@Naomi4wellness.ca

www.Naomi4wellness.ca

IG @ Naomi_4_wellness

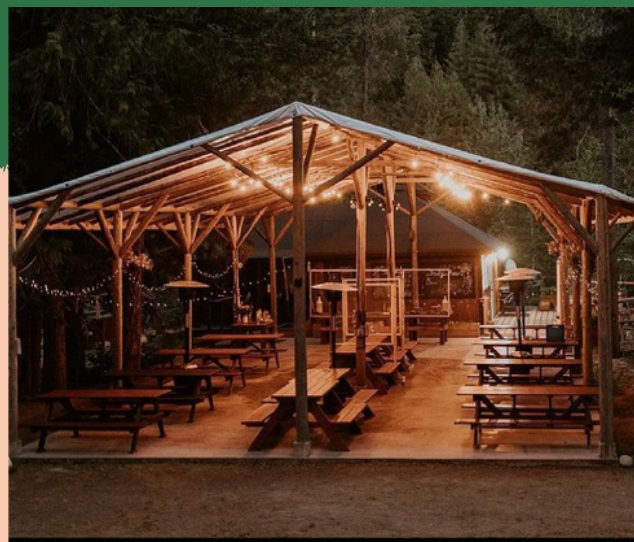


~PARAMEDICS WELLNESS RESCUE RETREAT SUMMARY ~

Come prepared to submerge yourself in the natural beauty of sea to sky as you become grounded by surrounding forest & mountains. You will be spoiled with nutritious meals, beverages and desserts to honor your body's needs, and your food preferences. Indulge in restorative sleep within the delightful glamping tents to the soothing sounds of the flowing river, and the shining stars above.

This retreat for Paramedics blends versatile Fitness, Wellness Workshops, Relaxation, Interactive FUN and Laughter to energize your core and rescue your soul from the demands of work. Here you will learn that sufficient Sleep, exercise, healthy food, friendship and peace of mind are necessities, not luxuries.

Hosted by REO resort and your wellness coach, you will experience a variety of outdoor fitness classes and activities to stimulate all the senses, from beach lounging, nature treks to group volleyball, social games, and river rafting (optional) to soak in some adrenaline. Dynamic Fitness classes will teach you the fundamentals of restorative postures, core stabilization, injury prevention & help you discover new ways to move your body.





~ ADDITIONAL DETAILS ~

WELLNESS WORKSHOPS

SLEEP TRAINING FOR ADULTS:

Learn how sleep can have a profound impact on all aspects of your health, how it's restoration can rejuvenate your well-being, with a foundational guide on improvement strategies.

NUTRITION FOR STRESS MANAGEMENT:

To explore how our bodies are impacted by stress through a number of external stimuli in our environment, and how we can apply nutritional practices to better support our body and mind so we can mitigate the consequences of stress and support efficient recovery.

RESORT HIGHLIGHTS

- Beautiful Glamping tents
- Private Beach
- Hammocks
- Nightly Campfires
- Sun Decks on the River's Edge
- Large relaxing Hot Tub
- River rafting & Massage (\$ add-on)

EXPRESS YOUR BODY'S NEEDS

You will have an opportunity to meet with the host at the start of the retreat to review and discuss any injuries you may have concerns about, and be provided with guided modifications to support you during the fitness classes throughout the retreat.

All fitness classes are optional to join.

Join me on this wellness retreat to help you ground yourself, recharge your body and your soul, and gain new knowledge to create a more balanced self-care routine and prevent burnout. When we strive to become better than we are, everything around us becomes better too.

Look forward to seeing you here!

~ Naomi