

# Ravenspeaks

at Living Water Resort

## Nature Reset Experiences with Raven

Relax - Reconnect - Rediscover



### Plant-Based Wellness Experience



#### Tune into Nature through Scent

- A guided sensory experience
- Explore over 15 essential oils
- Create your own roll-ons
- Discover how scent can shift your mood, focus, and energy

90 min - 2.5 hrs  
\$95-\$150 per person

### The Nature Escape Experience



#### Out of the Chaos and into the Calm

- A guided hike along the Bay
- Explore the restorative powers of Cedar & Sage through scent, taste, touch
- Leave feeling calm, clear, and recharged

90 min - 2.5 hrs  
\$95-\$150 per person

### Wildlife Wonder Experience



#### For the Animal Explorer and Nature Lover

- A guided hike along the Bay
- See wildlife in a new way
- Discover your birth totem
- Leave with a deeper connection to the natural world

90 min - 2.5 hrs  
\$95-\$150 per person



## From Walks to Wisdom

What you experience here is just a glimpse. Raven brings this work to life through engaging **keynote talks inspired by her newly released book series** Shut Up and Listen – helping people slow down, reset, and walk away with a clearer sense of the path forward.

Interested in books or bringing this to your group?  
Reach out to Raven

Contact Raven: [outstandingbalance4u@gmail.com](mailto:outstandingbalance4u@gmail.com) / [www.ravenspeaks.ca](http://www.ravenspeaks.ca)