



Team Building

HEALTHY YOU: PUTTING WELLNESS FIRST

Get your team buzzing with energy as they explore the impact of their behaviors on their team's well-being, ultimately creating a harmonious and thriving work environment. With a focus on prioritizing employee wellness, teams embark on a journey towards team well-being, emphasizing a culture of positive actions and continuous learning.

Mindful Mornings

Yoga Sessions ~ \$200 (10-15 guests), \$250 (16-20 guests), \$300 (21 guests+)

Start the day off with a morning yoga session on our stunning rooftop or the sprawling waterfront space outside Bear Estate. Give a sun salute and thanks to ground the team for a day of meetings and learning. Enjoy early morning (and evening) sessions for all-level Yoga classes to set the tone for the day and stay grounded. Ask about the different resort locations for your Yoga session.

Laughter is the Best Medicine

Summer Fun Package ~ \$55 per person (16-25 guests)

Share some laughs with your team. Embark on a 1 hour bike riding tour of the beautiful Georgian Trail and then jump into a fun filled hour of golf games curated for your team's interest and skill. What a great team building activity! Choose from Closest to the Pin or Keg, Putting and Chipping Contest, Marshmallow Drive, and Pro Drive. Invite your team to dress up in a costume or set a theme and make your own fun!

Taking Time for You

Decompress and relax the mind and body with this wellness package for your team. Begin with a 30 minute spa service (Choice of Relaxation Massage, Holistic Scalp Massage, or Holistic Sole Massage). After the massages your group will be invited to a Sound Bathing Meditation where waves of soothing, and echoing sounds of singing bowls, chimes, and the gentle rhythm of a drum wash over you as you lay in peaceful meditation or simply in a state rest. The perfect experience to Improve your mood and release tension.

Massage and Meditate:

\$130 per person (group of 10)

\$140 per person (11 or more)



Wellness Wind Down

\$115 per person

After a full day of stimulating learning and team collaboration, your team has earned a welcoming spa wind down. Relax in a soothing spa environment, enjoy a 30 Minute Spa Services (Choice of Relaxation Massage, Holistic Scalp Massage, Holistic Sole Massage or Petite Facial) paired with our hydrotherapy Aquapath™ Experience and then soothe your senses with a cup of our Recovery Tea in our quiet lounge area.

Meals for the Mind, Body, and Spirit

The WELLNESS diet concept to provide a nutritious and delicious options. Modified Reception menu items (suggest to remove spring rolls, arancini, candied bacon lollipops, coconut) to serve food that emphasize wellness and providing healthy options and choices. Also offer NON-alcoholic cocktails (mocktails) that are super fancy and designed to emphasize a healthy lifestyle and be inclusive.

Menus that Make You Feel Good

The 100-Mile diet concept is a healthy, environmentally friendly, and delicious way to eat. It is a great way to support our local economy and local farmers. It will also help to find a greater appreciation for food and we see first-hand what it takes to grow it. Menu items in your meals will contain key ingredients from our greenhouse and garden projects.

Partnerships with Local Producers

★**LOCAL HONEY:** We have a partnership with a local apiary. We source fresh honey for serving our guests and as an ingredient in our menus.

★**LOCAL EGGS:** Our owner developed a partnership with an Amish farm family where we purchase 100+ dozen eggs every week. We serve our guests these farm fresh eggs!

Our Menu and Service Commitment

We have some excellent selections for refreshment break items that provide guests with healthy choices that promote overall wellness.

★**BREAKFAST:** Farmhouse Breakfast or the Sunrise Buffet (include Turkey sausage as a healthier add on)

★**Yogurt bar** to add healthy toppings, smoothies, and fresh fruits less carbs

★**BREAKS:** New Yorker and the Health Nut give you just the right boost!

★**BUFFET ITEMS:** Build Your Own Power Bowl and Hurontario Mills buffet fill the hunger gap without leaving you feeling bloated or drowsy.

★**PLATED MEALS:** First course or sides created with the greenhouse and garden bounty to provide healthy choices. Customize menu items such as fish entrees for lighter fair, pan seared halibut and our wonderful Falafel Bowl for vegans and vegetarians. Fresh salads from the garden, a summer harvest pasta, fall bounty baked vegetable dishes, and dessert options like fresh fruit or our raspberry sorbet for dessert.

