

# Kalola Spa *Retreats* at Blue Mountain Resorts

## More Than A Vacation... It's An Experience!

Whether your group needs a fitness adventure, a holistic escape, or a combination of both, we deliver an unforgettable experience, customized specifically for your group. Above all else, gain valuable tools to help you create a fulfilled and balanced lifestyle, and continue to be mindful and present at home. Renew your energy at Kalola.

All retreat participants have access to our fitness studio as well as indoor and outdoor hot tubs, indoor pool and dry sauna.



## *Health and Wellness*

### Healthy Vacationing

Geared towards either "mindfulness" or "fitness", these retreats are the perfect introduction to our core programs, designed specifically for your group.



## *Girls' Getaway* Fun and Fitness

This retreat includes fun fitness classes and delicious, nutritious food. Enjoy hair styling at Kalola Salon and indulge in the nightlife at Blue Mountain Resorts.

A great getaway for a girlfriends, reunions, or wedding party "bachelorette" events.



## *Athletic Strength and Conditioning*

### Enhance Your Training at Kalola

During this four-day fully customized retreat, our Personal Training Specialists, Coaches, Registered Massage Therapists, Physiotherapists, and Nutritionists will take a personal approach to help enhance your in season or off season conditioning.

Enjoy a world of healthy indulgences at your Kalola Spa retreat. Enrich your body and nurture your spirit!

**For more information and to plan your retreat, contact Allison Kulakowsky, our Kalola Wellness Coordinator at [allison@kalola.ca](mailto:allison@kalola.ca) or call 705-443-5808.**

Kalola

**NB**  
NATE BOWER  
FITNESS

**BLUE  
MOUNTAIN**

[www.kalola.ca](http://www.kalola.ca)