



Wellness Retreat

A restorative experience, close to home

# CANēY Overnights

A 24–48 Hour Wellness Retreat for Women,  
designed for rest that actually stays with you

# Retreat Purpose

## Why a Wellness Retreat?

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01

### To Regulate, Not Escape

Support your nervous system in ways that integrate into real life.

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02

### To Be Fully Held

Every detail is thoughtfully planned so you can arrive and receive.

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03

### To Learn What Supports You

Workshops that offer education, tools, & embodied understanding.

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04

### To Gather in Meaningful Community

Small-group connection, grounded presence, shared experience.

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# Core Themes

Heal

Connect

Empower

Every element of CANēY Overnights is intentionally designed to support healing, foster connection, and strengthen your relationship with yourself.





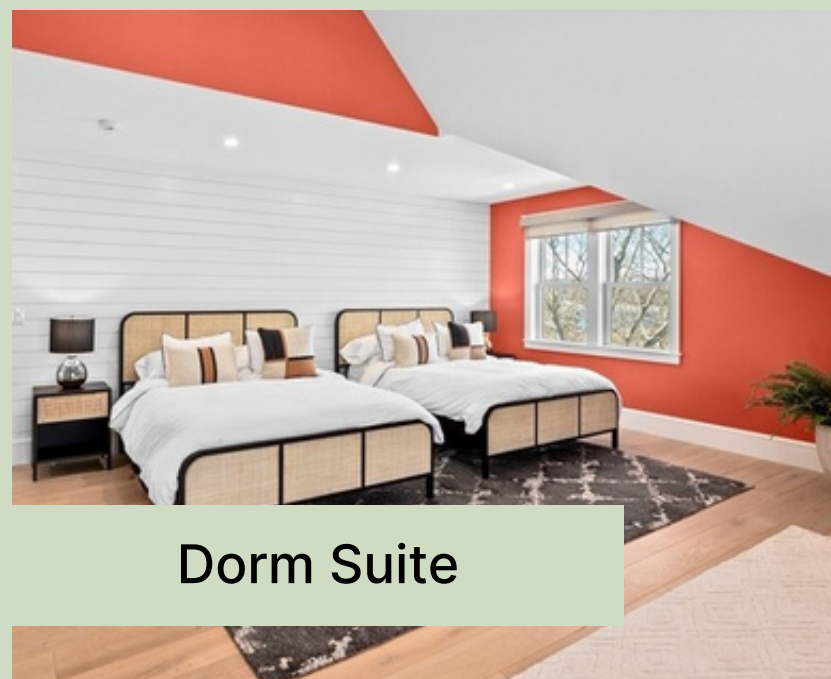
# Retreat Accommodations



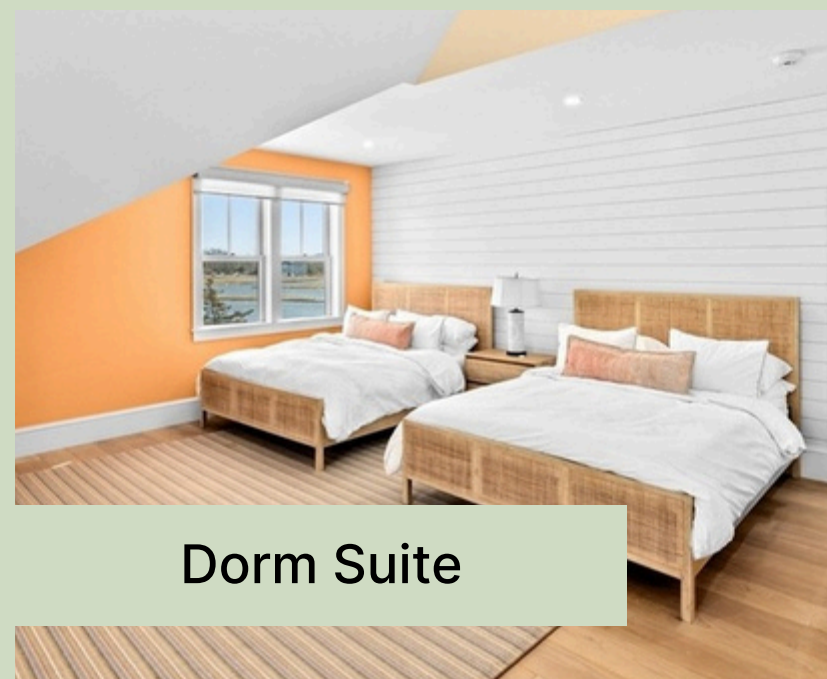
King Private Suite



Queen Private Suite



Dorm Suite

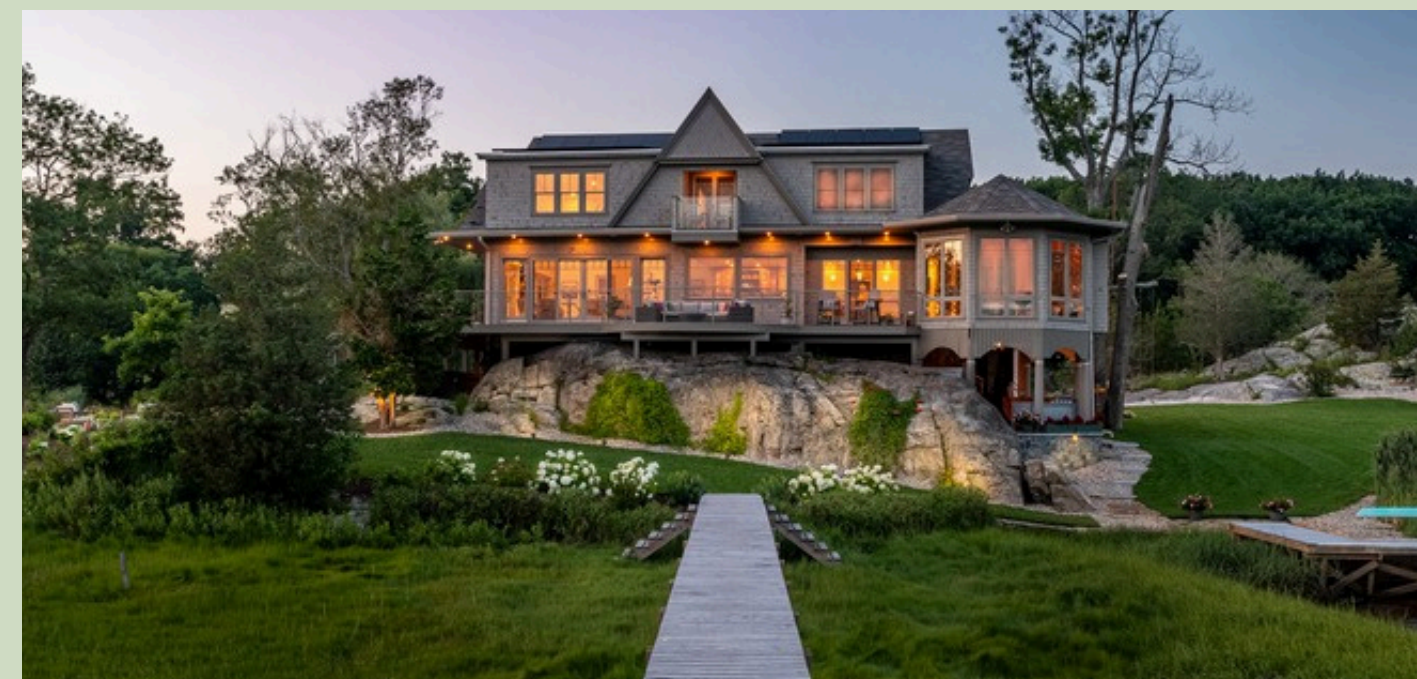


Dorm Suite

## A Sanctuary of Serenity

Hosted at House on the Rock, in  
collaboration with Gulph River Island

This retreat unfolds in a private, nature-surrounded  
home designed for deep rest, reflection, and  
nervous system ease.









# Signature Activities

## Holistic Healing Experiences

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-  Morning & evening yoga
  -  Modern Spa Circuit
  -  Restorative practices
  -  Workshops + Integration Time
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# Nervous System Workshop



## *A grounded, practical approach to regulation* **Understand Your Nervous System**

This educational session breaks down how your nervous system responds to stress, safety, rest, and daily demands in a way that's clear, approachable, and deeply validating.

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## **Practical Skills to Take With You**

Hands-on practices designed to help you regulate your nervous system in everyday moments: at home, at work, and in the midst of real life.



# Healthy Nutrition

Gut-supportive meals, snacks, and beverages are thoughtfully prepared and fully handled for you.

Designed in collaboration with a GI Dietitian (RD, LDN) to support digestion, nourishment, and sustained energy. So you don't plan, prep, or think about food once you arrive.

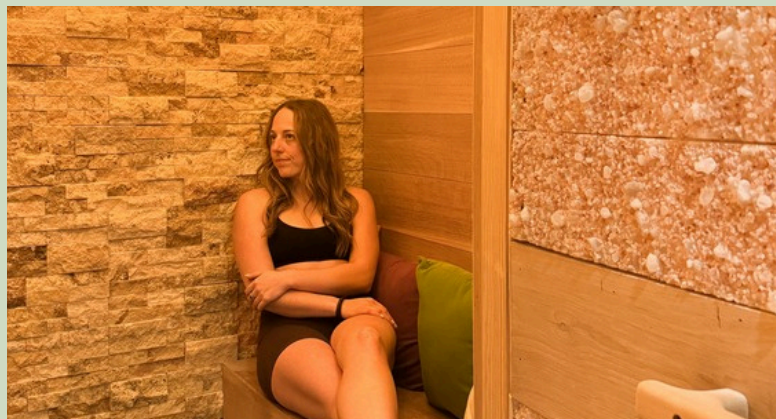
Eat Clean

Feel Light





# Spa Circuit



## Halotherapy

A dry salt therapy experience using micronized salt to support respiratory function, inflammation reduction, and overall wellness.



## Infrared Sauna

A therapeutic heat experience designed to support circulation, detoxification, muscle recovery, and nervous system relaxation.



## Light Therapy

A gentle, full-body experience using advanced LED and infrared technology to support skin health, cellular renewal, and overall vitality.



## Massage | Add-On

Intentional bodywork designed to release muscular tension, improve circulation, and support physical recovery.



## Hot Tub

A warm water immersion supporting muscle recovery, circulation, and relaxation through hydrotherapy.



## Light Therapy

A targeted light therapy for face and upper body, using red, blue, green, and yellow light to support skin health, circulation, and cellular renewal.



## Ionic Foot Bath | Add-On

A guided foot soak designed to support detoxification pathways, circulation, and nervous system regulation.



## Reiki | Add-On

A hands-on energy practice focused on restoring balance, supporting relaxation, and calming the nervous system.





## Testimonial

"I just did a CANēY Overnight retreat and truly loved it. It felt like everything I already love about CANēY, but with the time and space to actually slow down.


The length was perfect, enough to feel deeply restored without feeling like too much. Everything flowed so naturally, and nothing felt rushed or forced.

I left feeling calm, grounded, and really well cared for. The space was beautiful, the beds were incredibly comfortable, and the whole experience just felt thoughtful from start to finish. I'll absolutely be back."

“ Meredith Lazar


# Ready to Join the Journey?

## Contact Us :

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 [www.caneywellness.com/retreat](http://www.caneywellness.com/retreat)

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