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Healing *lifestyles & spas*

Featuring: Madawaska Kanu Centre



Take a well-deserved break, and dash away for a women-only adventure, where you can learn a new skill, step out of your comfort zone, reawaken an old passion, or develop a new one.

Women's Paddling Retreat at Madawaska Kanu Centre

Barry's Bay, Ontario

June 30 through July 4, adventurous women will gather at Ontario's Madawaska Kanu Centre to learn whitewater paddling and kayaking techniques from national and world champion kayakers. Besides getting a fabulous workout, participants will enjoy daily yoga, nutrition classes, and a lake-side wine and cheese tasting. Pamper yourself with a well-earned massage with the onsite therapist. Price for the week, including all meals and lodging, is \$1,050 Canadian. If you prefer to camp near the lodge, the cost is \$950 Canadian (all meals, instruction and a camping spot). (613) 756-3620, www.mkc.ca

Women's Retreats

by Debra Bokur

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