



# Girls' Great Escape

Includes, premium continental breakfast, lunch, dinner, luxury room accommodations, one hour spa service and all workshops listed

**\$356.00** per person  
based on double occupancy

Enquire about Special rate for additional nights stay

\*HST additional

## RULE YOUR HORMONES

Bust the stress cycle and get your MOJO back! Imagine having abundant energy, mental clarity and saying good-bye to feeling "overwhelmed"... learn how to rule your hormones and get solutions that work to help you live your best life. Camille Lawson has been empowering clients for over 25 years. She is a registered nurse, hormone educator, and specializes in sexuality and relationships.

[theerosgroup.com](http://theerosgroup.com)

## BEAT CLASS

An amazing workout using drum sticks!, this creative class fuses cardio, pilates, body sculpting, core training and more! Add great music and you've got a workout for all levels. Added bonus: the drum beat increases Alpha Waves in the brain and relaxes the body. Note water, towel and a little rhythm is all you need to bring to the class.

[WomensFitnessClubs.com](http://WomensFitnessClubs.com)

## PILATES

A slow sustained series of exercises using abdominal control and proper breathing. The quality of each posture is more important than the number of repetitions or how energetically you can move. A mind-body exercise that can dramatically transform the way your body looks, feels and performs.

## FESTIVE TABLE DIVAS

As we approach the craziness of the festive season, get inspired to make your holiday table sparkle with ideas for table settings and dazzling centerpieces when hosting get-togethers for family and friends this holiday season.

[weddingsbydesign.ca](http://weddingsbydesign.ca)

## HATHA YOGA FLOW

Hatha Yoga tries to achieve a balance between body and mind through physical poses or asanas. A gentle yoga that will leave you feeling energized through out your day. Ashley Lord specializes in cozy yoga experiences from The Freedom Factory.

[thefreedomfactorytoronto.com](http://thefreedomfactorytoronto.com)

## GUT HEALTH

Gut health isn't just about what you eat, but our diets, lifestyle, medications could all be harming your gut health, and poor gut health contributes to everything from fatigue to depression. Join Doctor Diana as he takes us on a journey of optimal health with some simple and natural tips for a gut-friendly lifestyle.

[mnhc.ca](http://mnhc.ca)

## ZUMBA

Lose yourself in the music, find yourself in shape! Zumba fuses hypnotic rhythms and easy-to-follow moves to create a calorie burning, body energizing dance fitness party.

## SPA SERVICE

Choose one of the following services to be included in your Escape.  
Choice of service is limited.

1. Classic English Facial
2. Swedish Massage
3. Aromatherapy Massage
4. Chocolate Peppermint Paddy Pedicure

## SCHEDULE

### SATURDAY NOVEMBER 12, 2016

- 9:00 a.m. .... Registration
- 9:15 a.m. .... Beat Class
- 10:15 a.m. .... Hatha Yoga Flow
- 11:15 a.m. .... Rule Your Hormones
- 12:00 p.m. .... Lunch & Learn with Dr. Diana
- 2:15 p.m. .... Festive Table Divas
- 3:15 p.m. .... Zumba
- 6:00 p.m. .... Wine Tasting
- 7:00 p.m. .... Dinner & Entertainment

### SUNDAY NOVEMBER 13, 2016

- 7:00 - 10:30 a.m. .. Continental Breakfast
- 9:00 - 9:45 a.m. ... Pilates
- 10:00 a.m.- noon .. Scheduled Spa Service

## Reservations and Information

Natalie: **416-207-2004**

[natalie.bauer@oldmilltoronto.ca](mailto:natalie.bauer@oldmilltoronto.ca)



**OLD MILL**  
TORONTO EST. 1914