

WELCOME TO GRAIL SPRINGS

How to make
the most of your
wellness retreat



Take time to explore the information enclosed to best prepare for your upcoming retreat experience. Our team is here to nurture body, mind and spirit and we look forward to welcoming you to our special sanctuary. Call us between 8am-8pm EST at 1-877-553-5772 with any questions. We wish you a very pleasant journey.

ARRIVAL

Check-in time is at 4pm. If you'd like to arrive earlier to enjoy lunch or an afternoon of spa, call us and we'd be happy to arrange this for you.

DEPARTURE

Check-out time is at 12pm. If you'd like to enjoy lunch before you depart let us know 24 hrs in advance and we'd be happy to arrange this for you.

PRE-BOOKED THE SUNDAY SHUTTLE TO AND FROM TORONTO INTERNATIONAL AIRPORT

If you have reserved your seat on the shuttle, proceed to the nearest TRANSPORTATION DESK outside your exit gate. Century Transport will have you registered under Grail Springs and direct you to the shuttle.

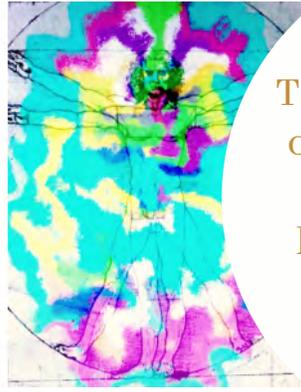


WHAT TO BRING

- Walking shoes, boots for hikes
- Yoga wear, swimsuit
- Layered, warm, comfortable clothing
- Water bottle - fill from any tap!

WHAT IS PROVIDED IN ROOM

- Robe, slippers, hair dryer
- Herbal tea, kettle, refrigerator
- Meditation cushion
- 100% natural Grail handmade amenities



To add spa, soulshops or coaching sessions we recommend booking in advance by filling in the easy online form



SPA, SOULSHOPS & COACHING: If you have chosen a package with spa or have requested extra therapies, soulshops or coaching, upon check-in we will review and confirm your itinerary with you. If here 5-nights or more, a private consult with bio-energy photo has been booked the day after your arrival. One of our coaches will review and provide further recommendations based on your lifestyle form, goals and bio-energy results.

ACTIVITIES 8:30am to 8:30pm

- Spa is open from 9am to 6pm
- Each morning you can find the days activities listed on the activity board
- Morning Mantra, Yoga, Meditation daily
- Guided hike/snowshoe Monday & Saturday
- Three sauna types, outdoor salt soaking tub, cold plunge, labyrinth, volcanic ash bed
- We invite guests to participate in Noble Silence Practice on Wednesday afternoons
- Join the 5:15 Meditation on Fridays
- Be sure to join us in the beautiful Great Hall at 7pm for a variety of evening presentations

PRE-REGISTER FOR A SOULSHOP

- **SPIRITUAL ENRICHMENT PROGRAM**
Tuesday to Friday - 4 classes \$220
- **INNER GALAXY MEDITATIVE WORKSHOP**
Wednesday & Saturday - \$40
- **ANIMAL QUEST DRUM JOURNEY - Tuesday - \$55**

Healthy Meal Plan, Allergies and 'To Do' Recommendations Prior to Arrival

Set meals are plant-based and made fresh daily. To optimize a body cleanse or in preparation for a colonic, we recommend reducing and eliminating these food types a few days prior to arrival: animal products including dairy, soda, sugar, processed foods, alcohol and coffee. If you would like a 'Light Meal Plan' of smoothies, salads and soups, just let us know in advance of arrival. Relay any allergies to Guest Services if you've not already done so. NOTE we are not equipped to cater to airborne food allergies or food preferences.

BREAKFAST is served at 7:45am

LUNCH is served at 12:15pm

DINNER is served at 6pm

Fruit, afternoon snack, herbal teas are included

OTHER THINGS GOOD TO KNOW

- Wi-Fi password: 1cup2fill - limited bandwidth
- Limit tech-device use while in public areas
- No cell phones allowed in spa or yoga
- In-room DVD player - film library available
- Grail Springs is SMOKE-FREE including vapes
- Grail Springs is coffee and alcohol-free
- Guest Services closes at 8:30pm
- Evening Innkeeper assistance after 8:30pm call 613-332-4265

