

MINDFULNESS *in the* MOUNTAINS at MISTAYA LODGE!

About the Retreat

Mistaya Lodge

Fly from Golden, BC

August 17-21, 2026

Savour the magical gifts of wild landscapes!

- Gorgeous hiking
- Morning meditations
- Fun experiences in the meadows & dips in the tarns
- Solo times in wild spots

Deepening our connection with nature, with others, and with our inner wisdom helps to unleash our full potential and aliveness.

\$2850 + 16% taxes, with 12 guests



To Book...

CONTACT:

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Facilitated by:

Martha McCallum

Martha's Heli-Hikes

ACMG Hiking Guide | Life Coach

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Tony Esteves

Experience Facilitator

TEDx Speaker | Author | Coach

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