

MINDFULNESS *in the* MOUNTAINS at ICEFALL LODGE!

Icefall Lodge

Fly from Donald (just west of Golden, BC)

August 22-26, 2027

Remember your Magic

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

- Gorgeous hiking
- Daily meditations, yoga and saunas
- Fun experiences in the meadows & dips in the tarns
- Solo times in wild spots

\$2800 + GST per person, with 10 women

Includes helicopter flights, guided hiking, and 4 catered, lovely lodge nights



Facilitated by

Martha McCallum

Martha's Heli-Hikes

ACMG Hiking Guide | Life Coach

MarthasHeliHikes.com

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