



The Renewal

A Restorative Day Retreat

A thoughtfully curated journey of movement, mindfulness, nourishment and connection. Leave feeling refreshed, rebalanced and ready to embrace life with renewed energy.

Retreat Highlights

- Restorative Yoga
- Floating Sound Bath in Cathedral Cave
- Farm to Cup Herbal Tea Blending Workshop
- Relaxation & Reflection
- Breakfast & Lunch Provided
- Discounted Spa Treatments

Nov. 14. 2026
8am – 6pm
\$335
per person



Reserve Your Spot Today!

spa@grottobay.com
1 441 293 8333 ext 1928
Grotto Bay Beach Resort