



Winter Wellness Day Retreats in Niagara-on-the-Lake

*Don't let the winter blues
get in the way of your inner yogi!*

Snowga
FOR ALL LEVELS

Taste
NIAGARA'S
AWARD-WINNING
VINTAGES

LOCAL, GOURMET
& HEALTHY
High tea lunch

Organic teas
& HOT COCO
MUSHROOM ELIXIRS

