

Immersive Breath & Awakening Journey

The Life Mandala – Collingwood, Ontario

On the Life Mandala path, this one-day immersion is the portal to conscious breathing — the first step into the mindful way of living and awakening to your true nature.

Highlights

- Immersive sound bath and Light Ceremony — a sensory fusion of sacred tones, aromas, and chanting.
- Guided yoga and conscious breathwork sessions to restore vitality and inner harmony.
- Sacred rituals and energy activations to awaken your true potential.
- Connection with a conscious community in a peaceful and inspiring environment.
- Access to the renowned Scandinave Spa Blue Mountain (included in premium packages).
- 2-day guided retreat in English.
- Vegetarian meals prepared with love.
- Only 6–8 participants — an intimate and personalized experience.

Accommodation

Life Mandala House – Collingwood

A serene sanctuary surrounded by nature, with private gardens and a lake nearby. Choose from shared or private rooms, each designed for comfort and reflection.

Program

Day 1 – The Journey of Breath & Awakening

- Welcome tea and arrival at Life Mandala House
- Opening circle and yoga session
- Conscious breathwork immersion
- Sacred fire ritual and energy activation
- Conscious dinner followed by the Immersive Breath & Light Ceremony

Day 2 – The Integration of Light

- Morning meditation and yoga
- Healing Mandala workshop
- Optional visit to Scandinave Spa (included for premium guests)
- Closing circle and farewell brunch

Included Excursions

Scandinave Spa Blue Mountain

Enjoy the *Thermal Journey*: outdoor hot baths, cold plunges, waterfalls, saunas, steam rooms, and peaceful relaxation areas surrounded by nature.

For **Premium Packages**, access to Scandinave Spa is **included** and usually scheduled for **Day 2 at midday**, after the morning practices. Guests can travel directly from our retreat house, relax at the spa, then return to rest before check-out.

Many participants also enjoy visiting **Blue Mountain Village** — a lovely area with cafés, local shops, and stunning views.

Location

Collingwood, Ontario – Canada

A peaceful natural haven between Georgian Bay and the Blue Mountains, ideal for renewal and reconnection.

Food

Wholesome vegetarian meals inspired by Ayurvedic balance and local ingredients. Includes brunch, snacks, and dinner — all prepared mindfully to nourish body and soul.

What's Included

- 1 full-day immersive retreat guided by The Life Mandala Method
- Yoga, meditation, and conscious breathwork sessions
- Sacred rituals and sound bath Light Ceremony
- 2-night accommodation in Collingwood
- Vegetarian meals and conscious snacks
- Guided integration circle
- Access to nature trails and gardens
- Support and inspiration from The Life Mandala facilitators

What's Not Included

- Airport transfers (available upon request)
- Flights or train tickets to/from Collingwood
- Local transportation or taxis within Collingwood
- Additional spa treatments or massages not listed in the program
- Personal expenses and shopping
- Travel insurance
- Optional extended stay at Mangalaalaya Wasi Retreat House

How to Get There

Recommended Airport:

✈️ ■ Toronto Pearson International Airport (YYZ) – approximately 102 km from Collingwood.

Transportation Options:

- From **Toronto Pearson Airport**, take the **train or bus to Barrie** (GO Transit).

- From **Barrie** to **Collingwood**, we can help arrange an **Uber or local transfer** upon request.
- There is also a **direct bus from Union Station (Toronto) to Collingwood**.

We're happy to assist you with travel guidance or private arrangements if needed.

Contact Information

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"This retreat is an invitation to breathe, awaken, and remember who you truly are."