



WELLNESS RETREAT
OCT 19 – 21, 2018
Wellness inspired by nature
A weekend of self-care focused on optimum health

NOMI RESORT

The Tula Retreat

Experience a rejuvenating weekend in an environment of calm.

Beautifully prepared gourmet meals included with juicing & day appetizers

Therapeutic massage

Penetrating infrared sauna treatments

Yoga stretch and breath

Forest therapy - a walk with nature, guided meditation

Wisdom & Well being.

Relax & learn how to achieve healthy aging, an introduction to hormone optimization.
Session topics range from nutrition guidance, bioidentical hormones, effective weight loss,
Stress management & the importance of well being.

\$595 per person

2 nights, 3 days, all inclusive


One-on-One consult with our highly distinct
integrative style MD and wellness practitioners

Blood analysis & recommendation

To register and book call: 1.888.765.9951
For additional inquiries email us at: stay@nomiresort.com

Taxes and gratuities are separate.

tula®



the transformative power of
yoga and nature

Nomi Resort Creeks & Trails, 2018.

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Nomi Resort
4727 Elephant Lake Road
Dysart, County of Haliburton, ON
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rejuvenation