

# CANADIANA

COTTAGE COLIVING RETREAT

20  
23





# OUR COLIVING STORY

In January 2022, Elspeth and I started our journey travelling and working across Europe.

Our first stay was for 6 weeks and we were in a remote village in NorthWestern France. It was nice to explore, but quite isolating.

When we arrived at our first coliving in Switzerland we were overcome with emotion. We couldn't believe the fun we were having. On top of that, getting our work done was easy. We changed our trip to experience more of them.

Our second was Sun and Co., in Javea, Spain. We were going on adventures, learning, and growing with like minded people. It was life-changing.

We were inspired to start our own. We wanted to take the best aspects from each place and compile it together into something that was uniquely ours.

Canadiana Cottage Coliving was born and brought together 8 like-minded people for a two week adventure in Eugenia, Grey Highlands. The result was a transformative experience for everyone. [Check out the testimonials to learn about the guest experience first hand.](#)

This year, we're bringing together a new group for a two week retreat. Break free from your standard routine. Reconnect with yourself in nature. Redefine a sustainable balance between work and life. Make lifelong friendships.

–Ari

# RELAX, REJUVENATE, REGAIN FOCUS

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Welcome to Canadian cottage country. Within a short distance to the lake and hiking trails, it's the perfect place to relax, rejuvenate, and get focused work done.

Dates: September 1 to 15, 2023

## Notable features:

- Walking distance to the lake, some of the best trails in Ontario, water falls, and hills for hiking
- A short walk to a small grocery store and coffee shop
- Daily guided meditation
- Weekly coaching, accountability partnering with weekly goal setting
- Organized focus work sessions
- Group workshops, seminars, and masterminds
- High speed WIFI
- Dedicated workspace
- 24 hour digital detox starting Friday night for a chance to reset and reconnect
- Coliving community building activities like picnics and swimming at the beach or group hiking up the hill to see the roaming deer
- Weekend Canadian-style Sunday brunch
- Bicycles and kayaks available

*All activities are optional but encouraged.*



# PROGRAM

## SAMPLE WEEKDAY

**Early morning:** Rise and shine when you feel ready. Go for a silent hike, bike along the trails or have breakfast with a new friend.

**8:30 AM** Guided group meditation.

**9:00–9:30 AM** Grab a coffee and get settled in your workspace.

**9:30–11:00 AM** Focus session: spend 90 minutes in silence to get focused work done.

**12:30 PM** Join a Lunch & Learn or take a walk in a nearby trail to reset in nature.

**7:00 PM** Time to let go of work and unwind. Have some shared dinner or reflect by the lake.

## SAMPLE WEEKEND

**7:00 AM** Guided group breath work before a cold dip, followed by an infrared sauna session.

**1:00 PM** Kayak on the lake or hike to the nearby waterfalls.

**7:00 PM** Enjoy a group dinner and watch the sunset.

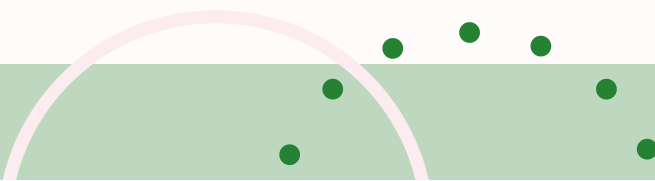
**9:00 PM** Roast some marshmallows by the campfire.

### Weekly Highlights:

- Friday night: Campfire
- Friday sundown to Saturday sundown: Digital Detox
- Sunday: Brunch
- Sunday night: Planning the week and accountability partnership sessions

## AMENITIES

- OUTDOOR FIRE PIT
- COLD PLUNGE
- ONE-PERSON INFRARED SAUNA
- AIR CONDITIONING
- HEATING
- HIGH SPEED WIFI
- KAYAKS
- BICYCLES
- DEDICATED WORKSPACE
- WASHER
- DRYER
- DISHWASHER
- COFFEE MACHINE
- NESPRESSO MACHINE
- BBQ
- SMART TV





# ABOUT THE GREY HIGHLANDS



The Grey Highlands are a 2 hour drive from Toronto. The area is packed with historic small towns, each with their own eclectic mix of restaurants, shops, and cafés. Lake Eugenia and the town that shares its name is a hidden gem of the region. The lake is popular for water sports and fishing. It's surrounded by trails and wildlife.

Nearby the lake is Eugenia Falls, a popular lookout surrounded by a conservation area. Join the Bruce Trail here and hike to nearby Hogg's Falls. A short drive away are the neighbouring towns of Kimberly, Markdale, and Flesherton, each with something unique to offer.





# PRICING

The cabin features 1 private double room with a shared bathroom and 2 shared double rooms.

**Private Double Room (single occupancy): \$199 CAD per night**

**Private Double Room (double occupancy): \$259 CAD per night**

**Shared Double Room (double bed): \$149 per night**

**Shared Double Room (single bed): \$89 per night**

*Minimum stay of 7 nights.*



# ABOUT US



## ELSPETH CHALMERS

is a writer, marketing strategist, and coffee lover who got bit by the travel bug after a high school exchange to Toulouse, France. She's a lover of languages and speaks English, French, Italian, and a little Spanish and German.

## ARI HOLTZER

is a coach who helps people build resilience, renew their purpose, and start living their dream life. He loves snowboarding, making music, and triathlon. If you want to go on a casual swim, bike or run, let him know. He is currently training for an ironman. He loves meeting new people and is passionate about building community.



**COLIVING  
COWORKING  
COTTAGE  
COMMUNITY**

For more information visit  
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