

Themed Retreats at Ste. Anne's Spa this Fall

October 11, 2013



GRAFTON, ON ([RPRN](#)) 10/11/13 — Ste. Anne's Spa will be offering themed retreats this fall in addition to their regular all-inclusive day and overnight getaways. All retreats take place on the expansive 400 acre estate and are complimented with an array of spa services, wellness classes, meals

and use of the facilities.

Autumn Photography Retreat – Capture the Beauty

Join photographer Cindy Taylor for a 2 night hands-on [Autumn Photography Retreat](#) which includes a 2 hour exterior landscape photography class, as well as a 2 hour natural light and portraiture class. Guests can explore over 400 acres of beautiful rolling countryside and experience our property's colourful transition from summer to winter. Hone your photographic skills no matter what level of photographer you are - point and shoot or pro level – it doesn't matter. Ste. Anne's Photography Retreat includes 1 or 2 nights' accommodation, all meals, \$120 spa and wellness allowance per night, photography workshops and complete use of the facilities. **Retreat date: October 16th-17th, 2013 - starting at \$898 per person for 2 nights.**

Yoga Retreat – Mind, Body & Heart United

Due to the success of our first [2-Day Spa Yoga Retreat](#), we are pleased to announce a second date. Our Wellness Coordinator – Jenn Hall – will guide participants through a variety of yoga wellness practices enabling them to get

in touch with their inner self by connecting their body, mind and heart. Ste. Anne's Yoga Retreat includes 2 nights' accommodation, all meals, \$240 spa and wellness allowance, 3 guided walks, 4 yoga practices and complete use of the facilities. **Retreat date: November 26th- 27th, 2013 starting at \$795 per person for 2 nights.**

Culinary Connoisseurs Retreat - Pamper Your Inner Foodie!

Presenting a Ste. Anne's Spa [Culinary Retreat](#) to satisfy the most savvy food lovers! Spend 1 or 2 nights in one of our private spa cottages and delight your mind, body, soul and palate!



Chef Christopher Ennew is ready to inspire you with local seasonal fare and organic produce, enhance your cooking skills and rapidly expand your recipe repertoire. The retreat will include a private Chef meal and demonstration, culinary classes and demonstration, all meals, \$120 spa and wellness allowance (per night) and complete use of the facilities. Themes include Gluten free, organic and whole food recipes, dinner parties, cooking with local and seasonal ingredients, hors d'oeuvres. **Culinary Retreats can be booked for groups of 5 or more - from \$469 per person (1 night) or \$898 per person for 2 nights.**

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Since 1985, Ste. Anne's Spa has catered to the needs of its guests by creating an inviting and comfortable environment that focuses on rejuvenating your body and soul. The Main Inn and Ontario Spa Cottages are nestled across over 400 acres of scenic, rolling countryside; each uniquely appointed accommodation features its own style and amenities. More than 35 rejuvenating spa treatments revitalize and soothe the senses while our

culinary team creates scrumptious cuisine which delights the palette.

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