

Silver Springs

RETREAT

Corporate Retreat Package

Experience exclusive privacy, 140 acres of pristine nature, 7500 sq. ft. of beautiful accommodations & truly memorable food!



Rate: \$595 + tx per person per night (Monday-Thursday)
Based on a 15 person, 2 night minimum.

Includes:

Exclusive use of Silver Springs' grounds & facilities, including conference room with projector, full internet, private beautiful accommodations, steam room, billiards room, ping pong table, water craft, executive firepit, pizza oven and hiking trails.

Our delicious, healthy, locally sourced meals from our in-house chef plus between meal scrumptious snacks and refreshments + all the spring water you can drink!

We prefer two or more night stays but can accommodate one night stays at \$695 ppp night.

A deposit of \$400 pp upon booking will secure your dates and allow us to book staff. We accept Visa, M/C and American Express.

Sample Itinerary

Monday

- 4:00 p.m. Arrivals
- 7:00 p.m. Appetizers Meet and Greet
- 8:00 p.m. Locally Sourced Dinner

Tuesday

- 8:00 a.m. Hearty Healthy Breakfast
- 10:30 a.m. Nutrition Break
- Meetings
- 12:30 p.m. Healthy Delicious Lunch
- Meetings
- 3:00 p.m. Activity of Your Choice (see options below, additional charges apply)
- 6:30 p.m. Healthy Delicious Dinner
- 8:30 p.m. Bonfire

Wednesday

- 8:00 a.m. Hearty Healthy Breakfast
- Meetings
- 10:30 a.m. Nutrition Break
- 12:30 p.m. Delicious Lunch
- Meetings
- 3:00 p.m. Departure



Locally sourced healthy
delicious food



Silver Springs Activity Options

In addition to relaxing on our incredible grounds, swimming in our spring fed ponds, snow shoeing on our pristine nature trails and watching our truly stunning sunsets we suggest:

1) acuBall Full Body Muscle & Joint Release Class with Dr. Cohen

This 2 hour full body release class shows you how to release neck, low back, shoulder and feet tightness on your own. You will feel a notable difference in your body afterwards and be completely relaxed. Used by the Toronto Raptors, Toronto Leafs, Montreal Canadians, National Ballet and over 1,200 clinics in 14 countries.

Dr. Cohen is the creator of this technique and will teach it personally. Each participant leaves with an acuBall and acuBall-Mini worth \$60.

This is our most requested class: \$80 pp



2) Hor'deurve Competition Class

We will teach you how to put together incredible hordeurves!

Using over 14 different ingredients and knowledge of what works best with different wine pairings we will show you how to make the best hordeurves.

Dividing your group into teams the wine will flow as the competition heats up!

A LOT of fun: \$60 pp

3) Pizza Cooking Classes

Use our incredible wood burning pizza oven to learn to cook real pizza the way the professionals do and have a ton of fun doing it. Have your own group pizza contest and see whose pizza is voted favorite!

Our chef will have your group entertained and VERY well fed: \$55 pp

4) Nature Education Hike Experience

Silver Springs is a nature lovers paradise. Our spring fed ponds and river are home to a myriad of unique species. We will tour your group through our pristine wilderness and explain the flora and fauna of our fascinating micro-climate. Local wildlife will be reviewed with emphasis on special bird and insect species found here. A visually beautiful and educational experience: \$35 pp



5) Yoga Full Body

This 75 minute class focusses on release and breath to open your body and mind. Excellent for increasing flexibility and lengthening tight muscles throughout the body. Taught by a certified Yoga instructor: \$35 pp

6) Mindfulness Meditation Class

Meditation has been shown to decrease tension and calm the mind leading to many health and productivity benefits. A tranquilizer of mind and relaxer of spirit: \$35 pp

7) Onsite Professional Massage

Want to give your employees an amazing massage experience?

Our onsite professional massage therapist will come to their room to relax and help their body travel to altered states, then they can just drift off to sleep.

Company insurance accepted: \$160 hr

Silver Springs Room Types & Beds

There are 15 bedrooms, 5 decks, 4 living rooms and 14 bathrooms in the main house and conference center.

To make your life easier ALL bedrooms are numbered:

rooms 1 - 8 are in the main house and **rooms 9 - 15 are in the conference center**. There is ample guest parking at each building.



1) **3 X Luxury rooms:** sleeps 7

Room #1 with king, single bed and ensuite near sitting room and sunset deck,

Room #2 with queen and bath tub ensuite near sitting room and sunset deck,

Room #5 with queen, ensuite and lovely enclosed indoor screened lounge in older 1870s section of main house.

2) **3 X Superior 2 Bed rooms:** sleeps 10

Room #4 with queen, single and ensuite,

Room #9 with 2 queens, use of full kitchen and lounge & shared bathroom (upper conference center),

Room #12 with queen & single beds, use of sitting lounge and shared bathroom (lower conference center).



**Enjoy our
incredible art**



3) **6 X Superior rooms:** sleeps 13

Room #3 with queen, ensuite + pull-out double bed couch,
Rooms #6 & #8 both have the original 1870s farmhouse wood accents,
queen beds and share a 4 piece bathroom in historic older section of main house,

Rooms #10 & #11 both have queen beds, their own ensuites plus use of full kitchen and lounge (upper conference center),

Room #13 has a queen bed and ensuite with shared shower and sitting lounge (lower conference center).

4) **2 X Single beds:** sleeps 2

Room #14 is an open concept area with 2 single beds, use of a kitchen and shared 4 piece bathroom (lower conference center).

5) **1 X Queen bed:** sleeps 2

Room #15 has a queen bed with use of a kitchen and shared 4 piece bathroom (lower conference center).



**Each room features our fresh spring water
from every tap, shower & bath.**

Silver Springs Retreat Room Overview



354466 Osprey Artemesia Townline,
Flesherton, ON
N0C 1E0
416 876-1311

silverspringsretreat.com

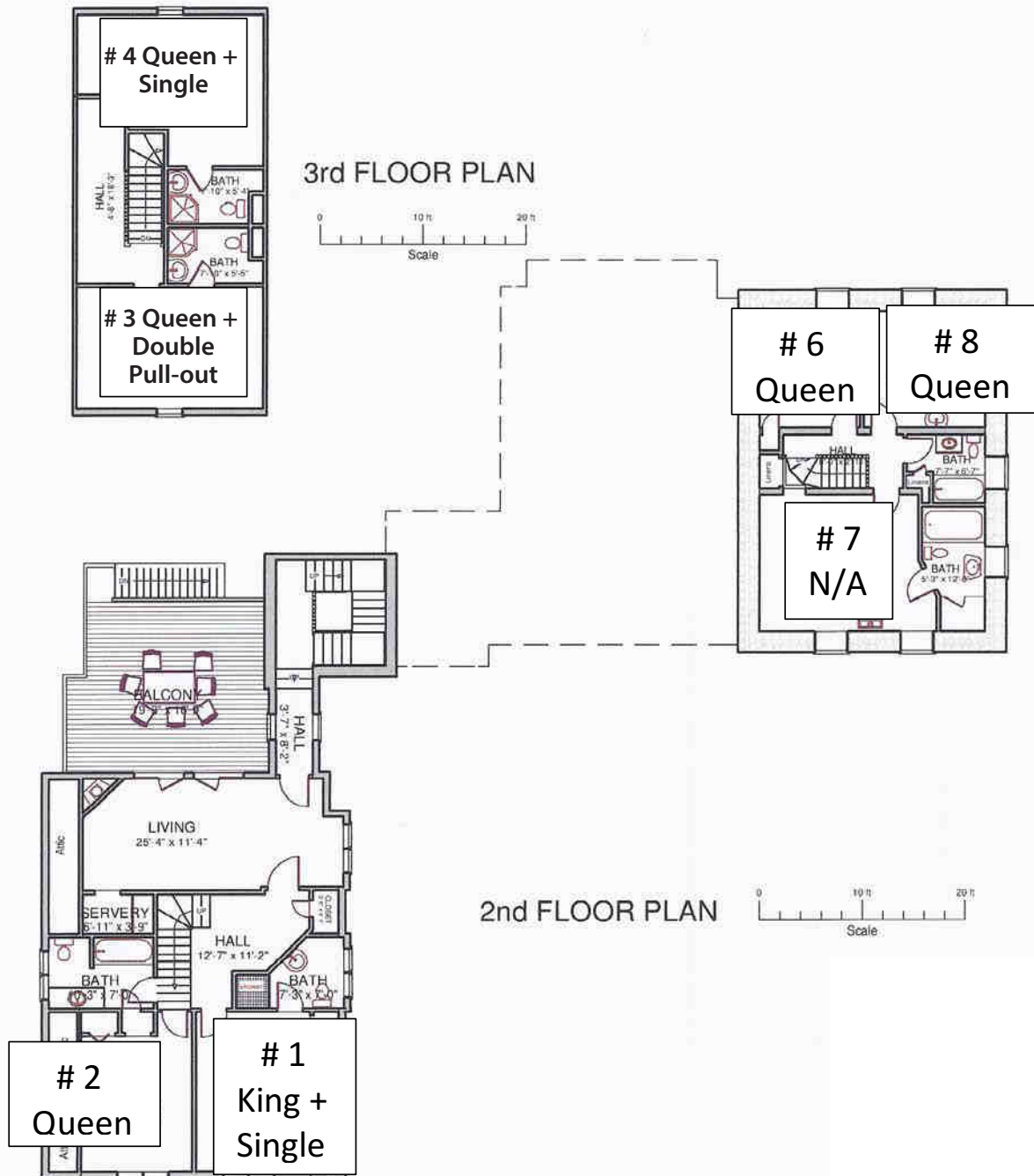
Silver Springs - Main House

Ground Floor



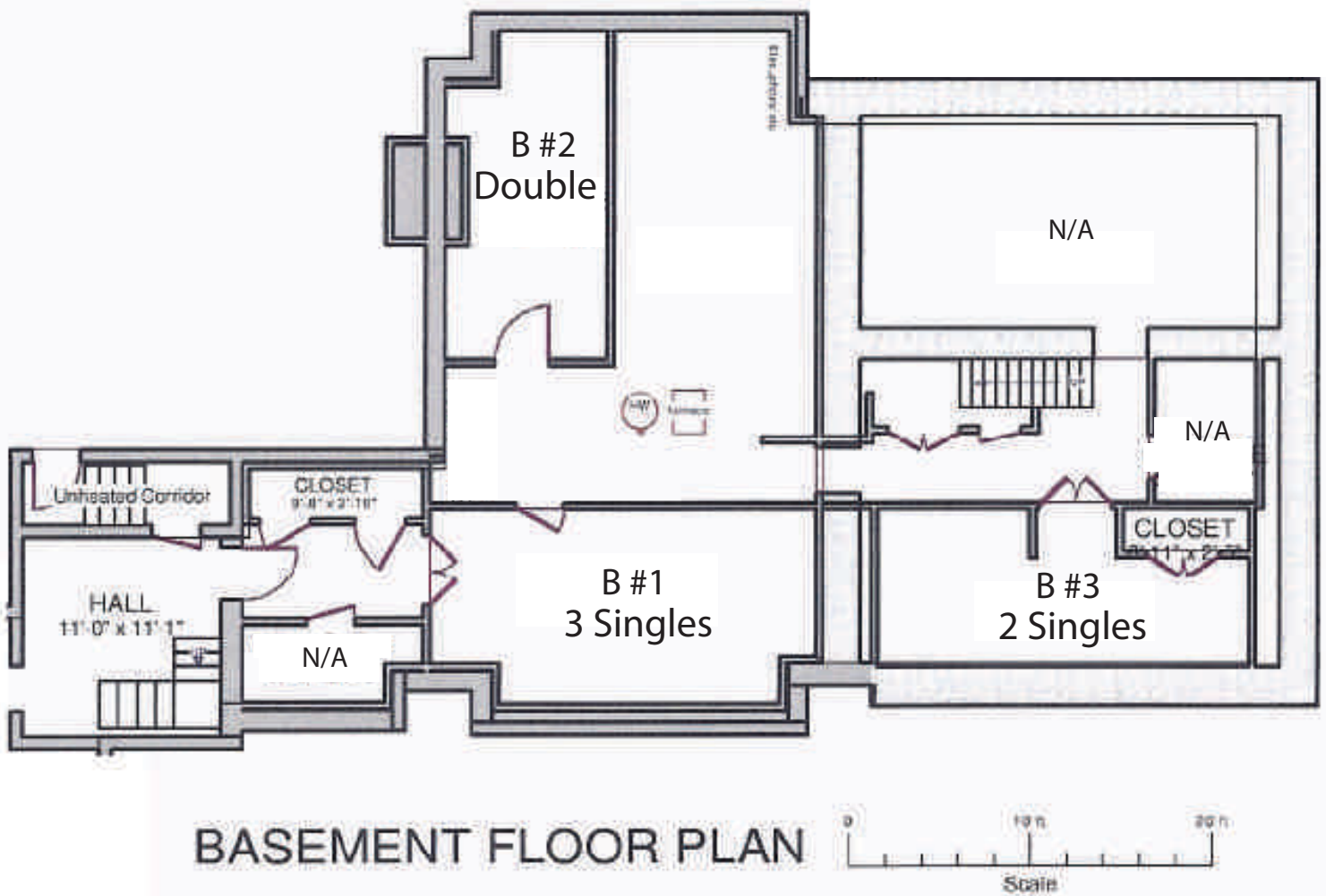
Silver Springs - Main House

2nd & 3rd Floors

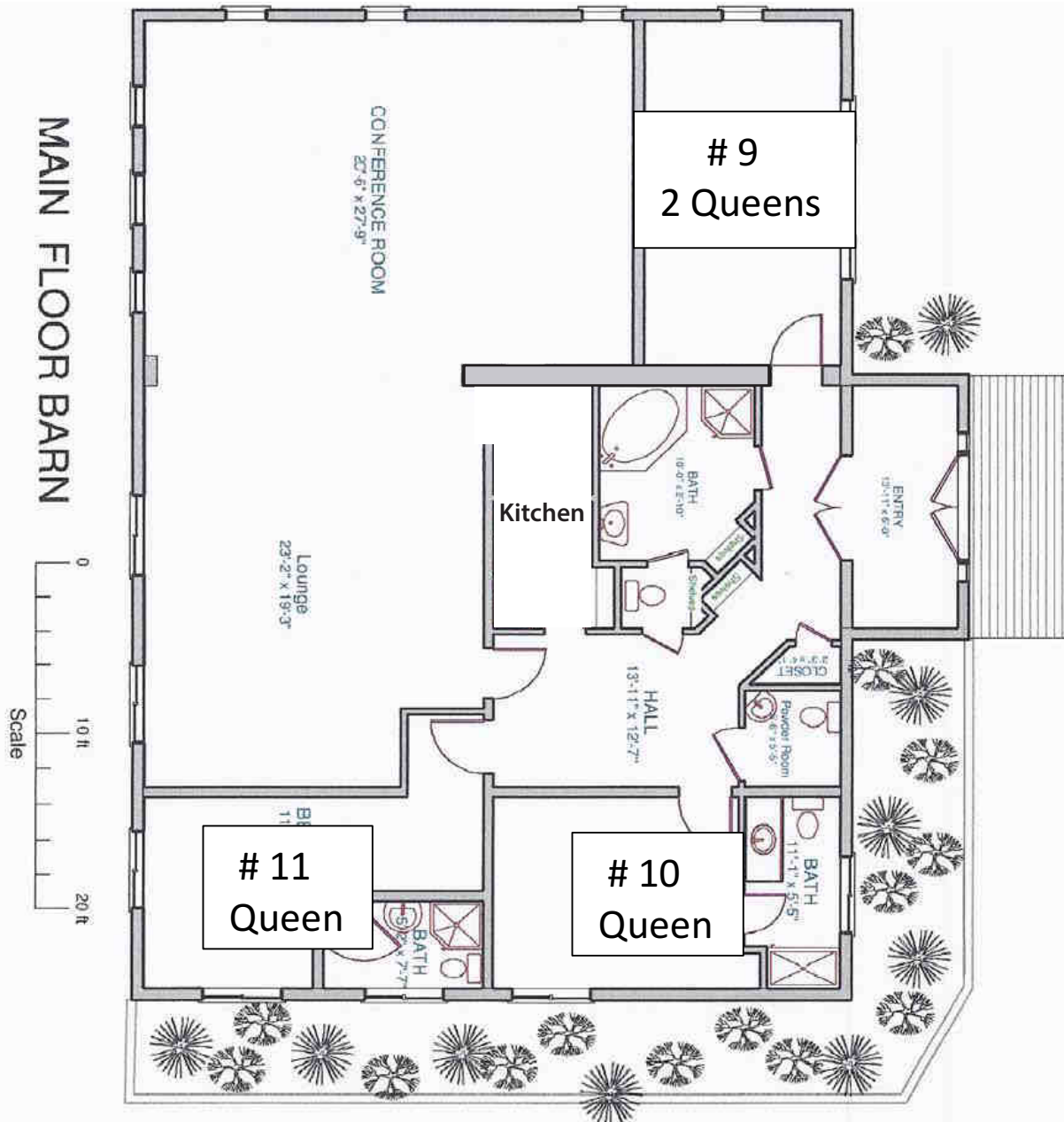


Silver Springs - Main house

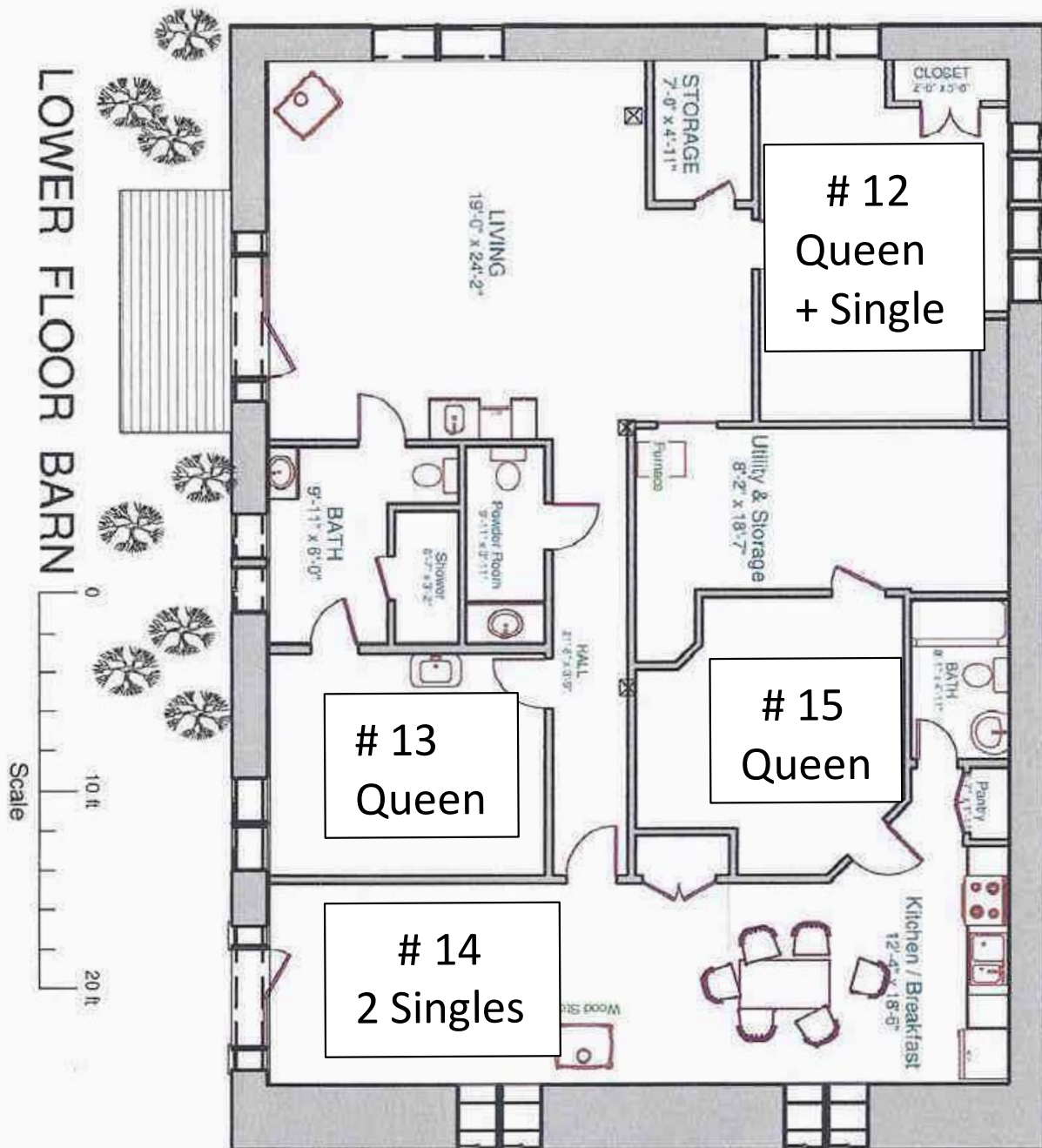
Basement

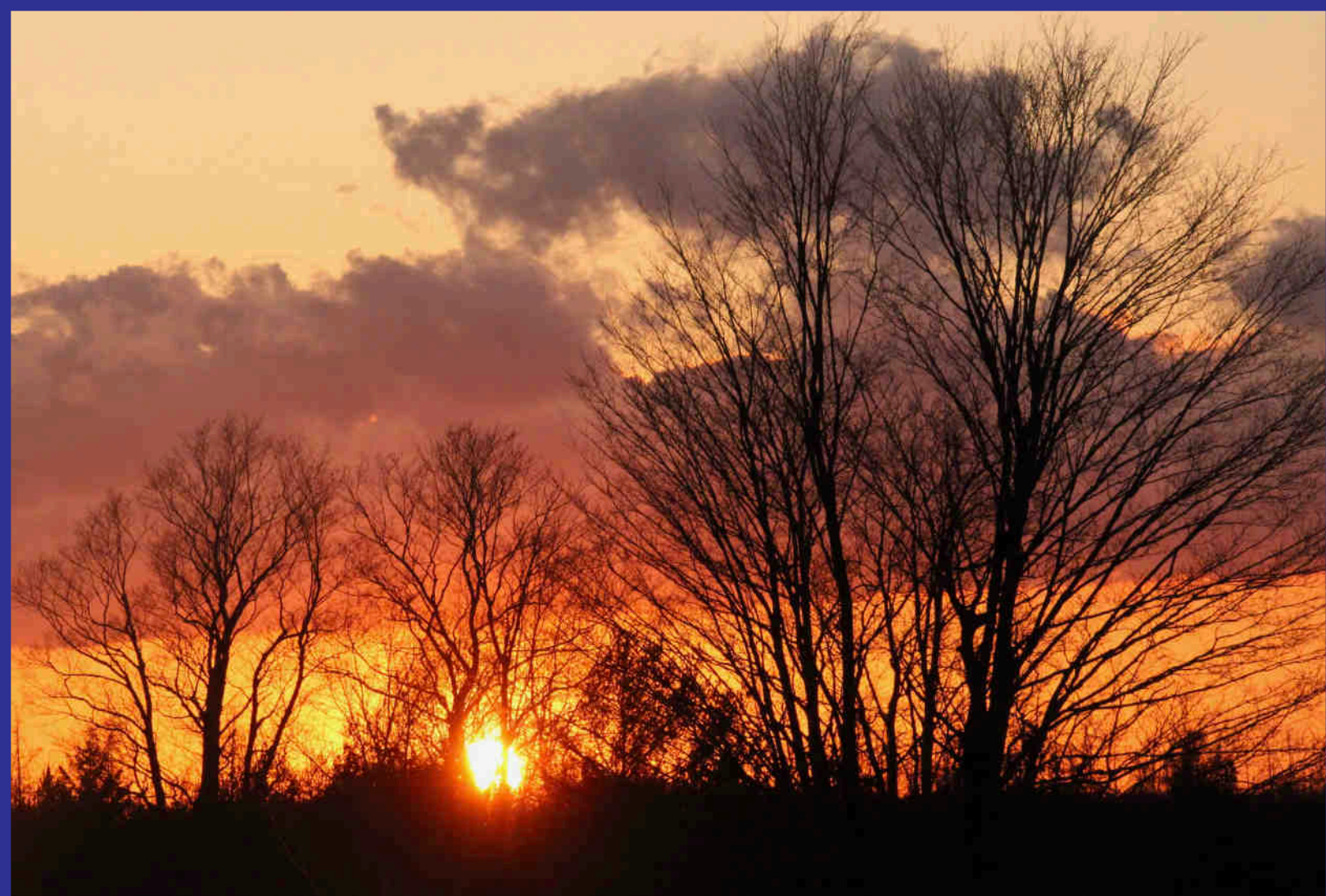


Silver Springs Upper Barn



Silver Springs Lower Barn





**We look forward to sharing our
slice of heaven with your group**



Silver Springs
RETREAT

354466 OSPREY ARTEMESIA TOWNLINE RR# 4 FLESHERTON, ON N0C 1E0
TEL: 416-876-1311 EMAIL: INFO@SILVERSPRINGSRETREAT.COM