

# WOMEN'S WELLNESS WEEKEND

RUNS FRIDAY SEPTEMBER 5TH - SUNDAY SEPTEMBER 7TH, 2025



## THE WEEKEND

This is a relaxing, engaging and adventurous retreat where you can re-energize, connect with friends and explore nature. Participate in a variety of wellness activities including yoga, meditation and hiking. There are a full range of traditional camp activities that you can enjoy while enhancing your mind, body and spirit. If you looking for a weekend getaway, this is the perfect retreat for you.

The Women's Wellness Weekend features a diverse and healthy menu, specialty classes and other opportunities to reconnect and rejuvenate with some new and old friends.



QUESTIONS?  [INFO@MIAKONDA.COM](mailto:INFO@MIAKONDA.COM)  (905) 648-9382

# ACCOMMODATIONS

- **Tent-cabin accommodations**
  - Rustic and inviting canvas, tent-cabins that sleep 4-5 women on single mattress beds
- **Cabin accommodations**
  - Cabins are an additional cost
  - Accommodations include wood bunk beds and mattresses
  - Size varies by cabin
  - Note: cabins do not have an ensuite bathroom or electricity
- Bathroom and shower facilities are located throughout camp
- Dining and lounge area located in the main lodge
- Coming with friends? Make a tent or cabin request upon registration!



## LOCATION

Mi-A-Kon-Da is located on Birch Island, our 23-acre private property on Lake Wah Wash Kesh, 40 minutes northeast of Parry Sound, Ontario, Canada. The camp is surrounded by pine trees, granite rock shoreline and natural sand beaches. The property is used only for Camp Mi-A-Kon-Da and is a quiet and safe location, free from any motor vehicle traffic. The surrounding Crown Land ensures that our end of the lake is left natural and undeveloped.

## REGISTRATION

**\$400 + HST per person**

**Register for the Women's Wellness Weekend at  
[www.miakonda.com](http://www.miakonda.com)**

*A \$50.00 deposit is required upon registration. This is a 19+ event.*