WE DIP WHISTLER x True North THERAPY

BREATH AND BECOMING

RETREAT

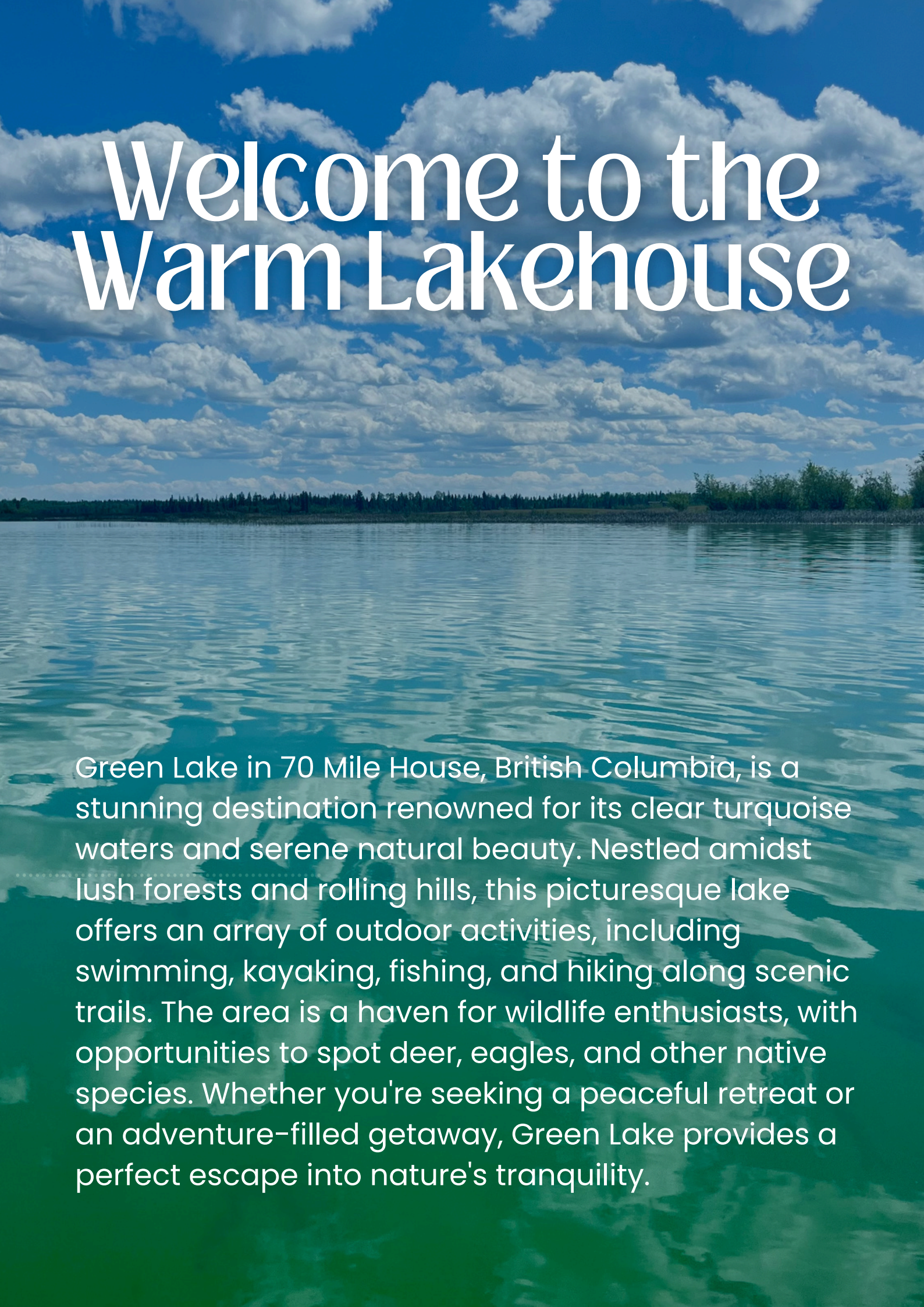
Awaken your deepest desires and move toward your True North. With Caroline Morris RCC and Laura Douglas, Certified Wim Hof Instructor.

Green Lake in 70 Mile House, British Columbia

Friday
6pm arrival, welcome, and time to settle in.
Gather for connection, a cacao ceremony, and an opening circle around the fire.

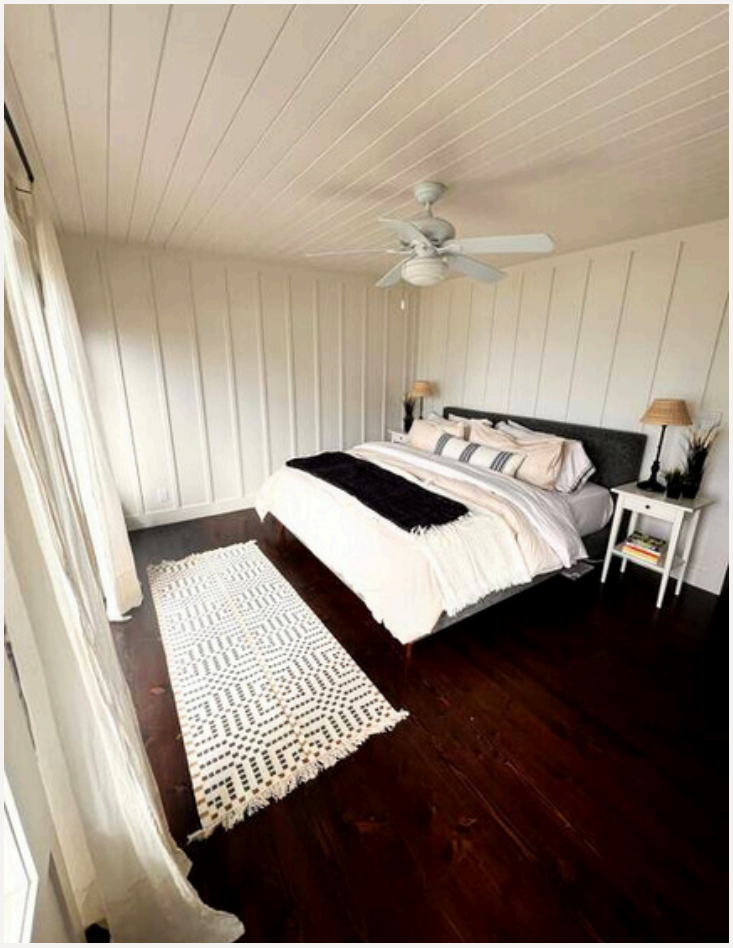
Saturday
Optional morning yoga and movement, with an optional cold plunge.
Shared breakfast.
Guided workshop: Becoming Self.
Journaling, integration time, and a light lunch.
Breathwork experience including cold exposure.
Dinner and a fire ceremony.

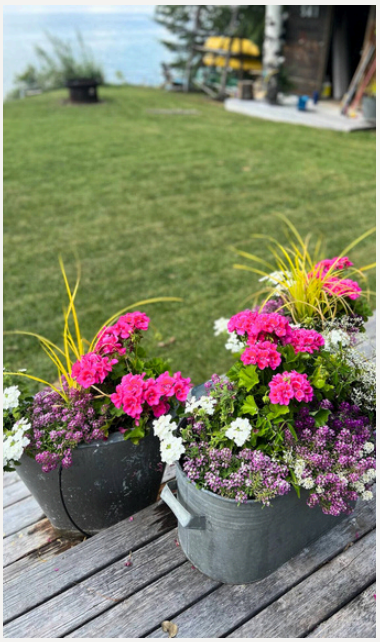
Sunday
Morning cold plunge and integration practice.
Shared breakfast, closing circle, and departure at 11am.



Welcome to the Warm Lakehouse

Green Lake in 70 Mile House, British Columbia, is a stunning destination renowned for its clear turquoise waters and serene natural beauty. Nestled amidst lush forests and rolling hills, this picturesque lake offers an array of outdoor activities, including swimming, kayaking, fishing, and hiking along scenic trails. The area is a haven for wildlife enthusiasts, with opportunities to spot deer, eagles, and other native species. Whether you're seeking a peaceful retreat or an adventure-filled getaway, Green Lake provides a perfect escape into nature's tranquility.





Testimonials

“The lessons from my journey continue to inform the way I interact with others in very positive ways. All in all, I would say that this whole process has been very beneficial and transformational to the relationships which mean the most to me. The care you brought to the process of building a safe and supportive environment made a huge difference. I would recommend this journey with you to anyone interested in exploring this kind of personal growth and discovery.” ~Matt

“As the formal part of our group sessions has now ended, I wanted to express to you my sincere gratitude for the thoughtfulness and care which you brought to each call, as well as the warmth and sincerity you showed during our retreat weekend. My experience - the first of its kind in my life - was profound. The mindset which I had going into the journey was one of feeling supported by the other participants as well as by the facilitators. And this, I feel, was instrumental in allowing me to dive deeply into the questions I had formed during the lead up to the retreat. Each successive weekly call clarified what I was curious about. Each call allowed our group to build a bit more of the “container” which allowed our individual journeys to unfold. And unfold they did!” ~Jen

“During the weeks leading up to the retreat, I was overwhelmed with a sense of love from the facilitators and the rest of group and feeling totally at ease and safe to openly share my life experiences and what brought me to this point. The retreat and journey itself helped me realise the baggage of guilt I had been carrying for many years. It was the first time in many years that I had clarity and a deep sense of gratitude of having went through this experience. I remember this warmth washing over me, filling me with an understanding that I have value and I am enough. One of the most powerful parts of my experience was learning to forgive myself and allow myself to move forward in life with gratitude and more self care.” ~ Tommy

“I found the whole experience (preparation, set and setting, journey and integration) a thorough and interesting process. I'm always bowled over by learning and growing from everyone in the group, and the trust that can develop in such a relatively short space of time. My own personal journey was enhanced by the experience - I got to drop more deeply into my own connection to spirit, as well as explore the changing roles of my life as I transition into becoming a grandmother and an elder.” ~Mary

Feel free to reach out to either of us!

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