

Silver Springs

RETREAT

Corporate Retreat Package

2 hours north
of Toronto



Experience Exclusive Privacy

Relax & rejuvenate on 140 acres of pristine nature.
7500 sq. ft. of beautiful accommodations.

Spring water from every tap

- Superior ensuite accommodations
- Stunning natural beauty
- Fully equipped conference room
- High Speed Internet
- Spring water steam room
- Executive firepit seats 30
- Sunset Deck
- Spring water swimming ponds
- Billiards room & ping pong table
- Basketball net
- Canoe & kayaks
- 4 luxurious common spaces
- Real wood fire pizza oven
- Private hiking & snow shoe trails



Enjoy our delicious, healthy, locally sourced meals from our in-house chef

ALL INCLUSIVE BOOKING OPTIONS 4.9 ★★★★★

Rate: \$499.99 + tx

per person / per night
Based on a 15 person,
3 night minimum.

Rate: \$599.99 + tx

per person / per night
Based on a 15 person,
2 night minimum.

Rate: \$695 + tx

per person / per night
Based on a 15 person,
1 night stay

354466 Osprey Artemesia Townline RR# 4 Flesherton, ON NOC 1E0
Tel: 416-876-1311 | info@silverspringsretreat.com

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



Looking For Interesting Activities For Your Group?

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 90 minute 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 worth \$45. This is by far is our most requested class:

\$95 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 LOCAL HISTORY & NATURE HIKE EDUCATIONAL EXPERIENCE



Silver Springs is a nature lovers paradise. It's also an incredible story of our Canadian history where Irish settlers came in the 1820's. 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. A visually beautiful and educational experience.

\$45 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:

\$45 pp



6 MINDFULNESS MEDITATION CLASS

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:

\$45 pp



7 ON-SITE PROFESSIONAL MASSAGE



Want to give your employees an amazing massage experience? Our on-site 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:

\$180 hr

Silver Springs Room Types & Beds

· 15 bedrooms · 5 decks · 4 living rooms · 14 bathrooms

To make your life easier ALL bedrooms are numbered:

rooms 1 - 8 are in the main house

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 king bed, single bed and ensuite near sitting room and sunset deck
- Room #2 queen bed and bath tub ensuite near sitting room and sunset deck
- Room #5 queen bed, 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 queen and single beds with ensuites
- Room #9 2 queen beds, use of full kitchen and lounge & shared bathroom (upper conference center)
- Room #12 queen & single beds, use of sitting lounge and shared bathroom (lower conference center)



Enjoy our
incredible art



Silver Springs Room Types & Beds

3 6 X SUPERIOR ROOMS: SLEEPS 13

Room #3 queen bed, 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 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)

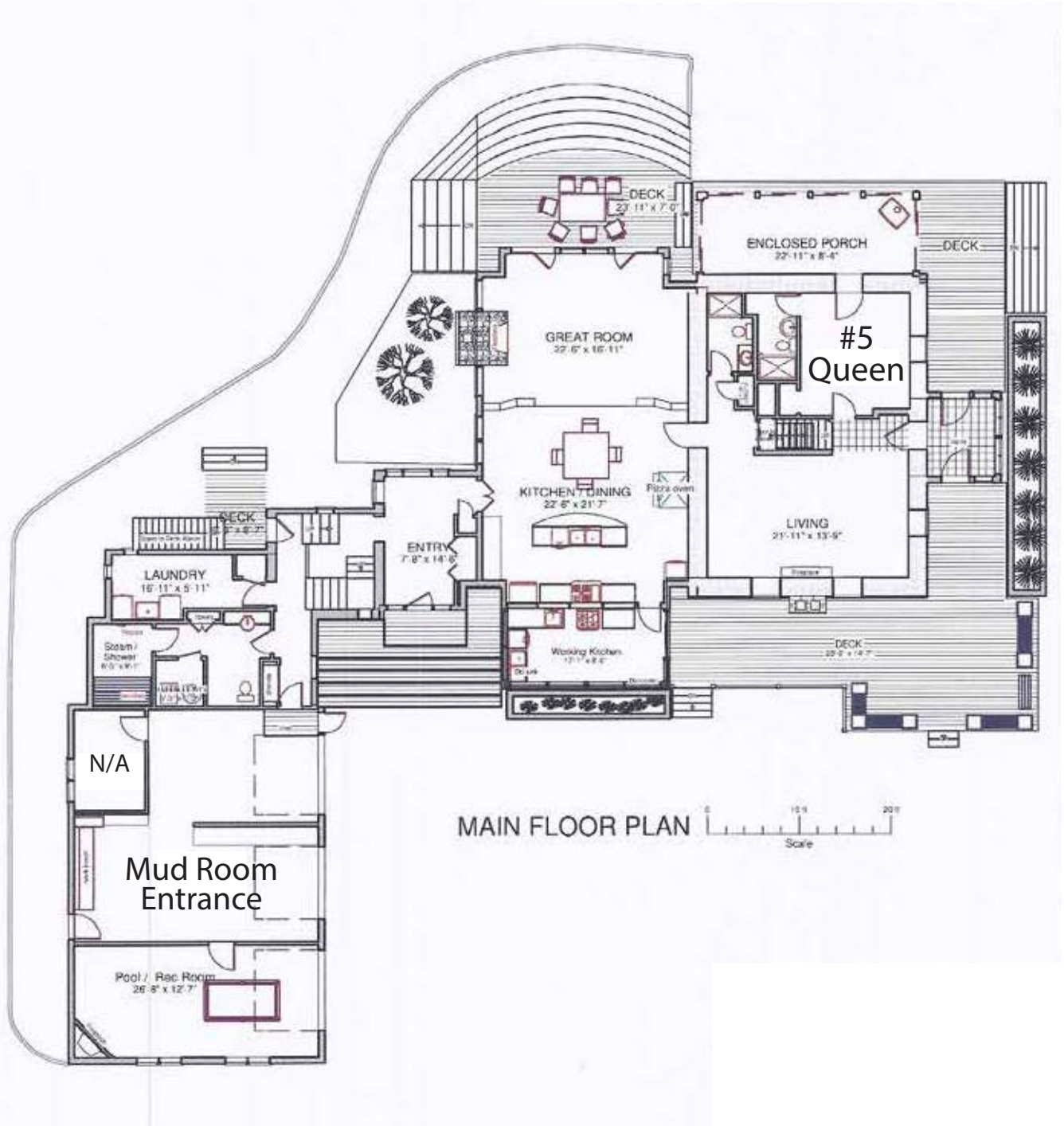
5 1 X QUEEN BED: SLEEPS 2

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



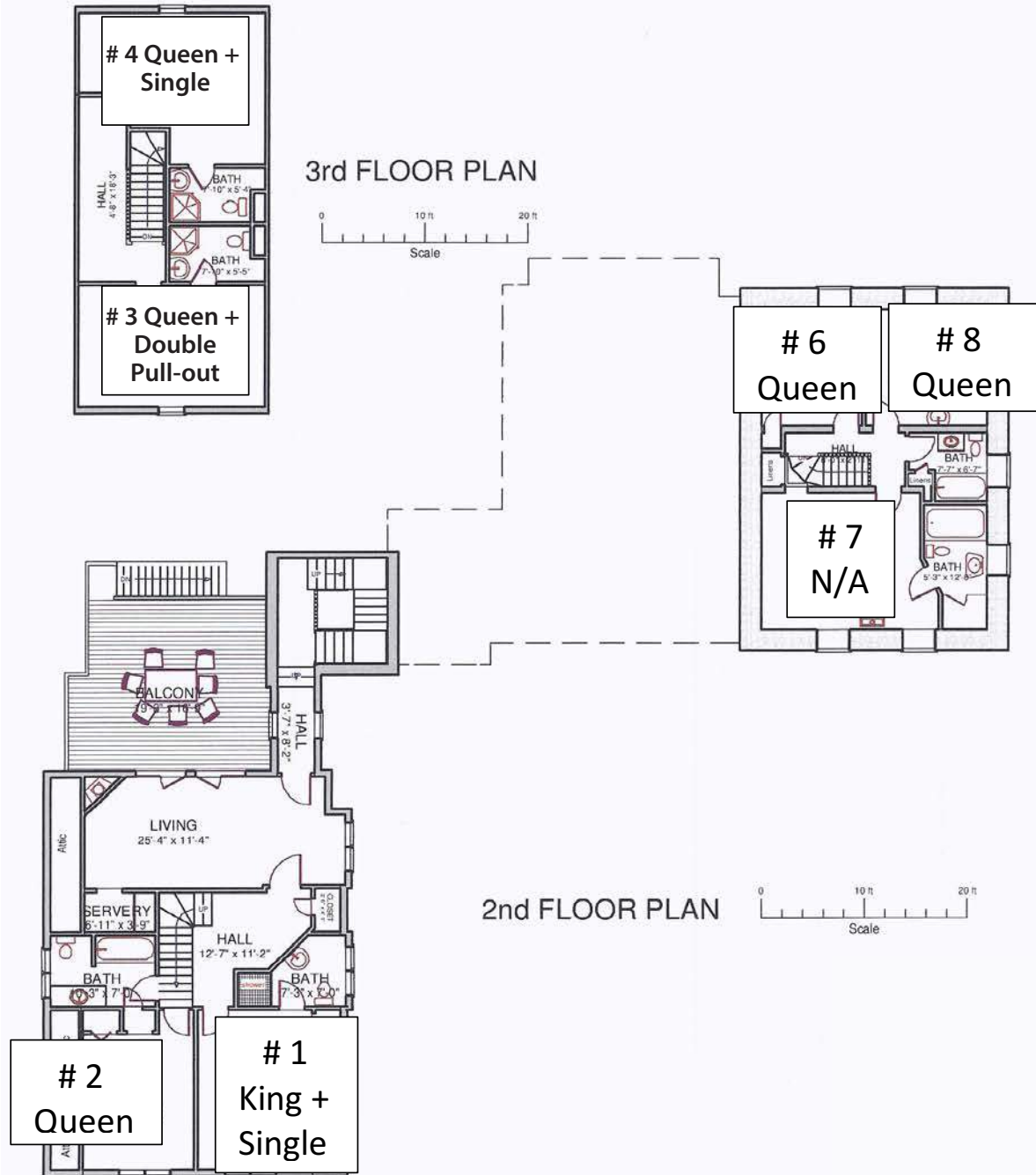
Each room features our fresh spring water from every tap, shower & bath.

Silver Springs - Main House Ground Floor

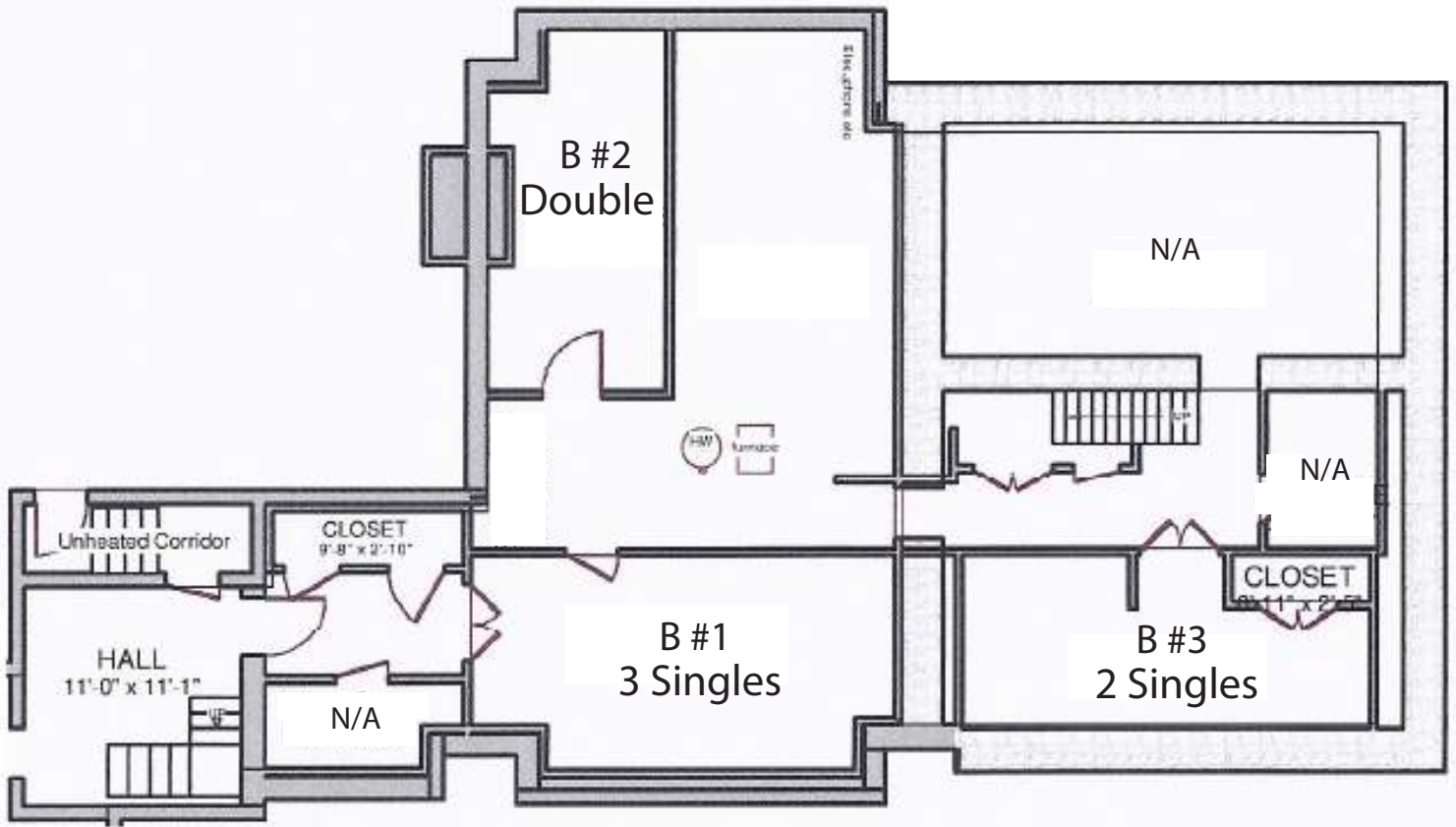


Silver Springs - Main House

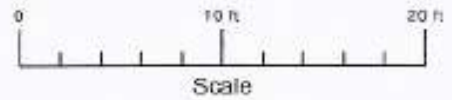
2nd & 3rd Floors



Silver Springs - Main house Basement

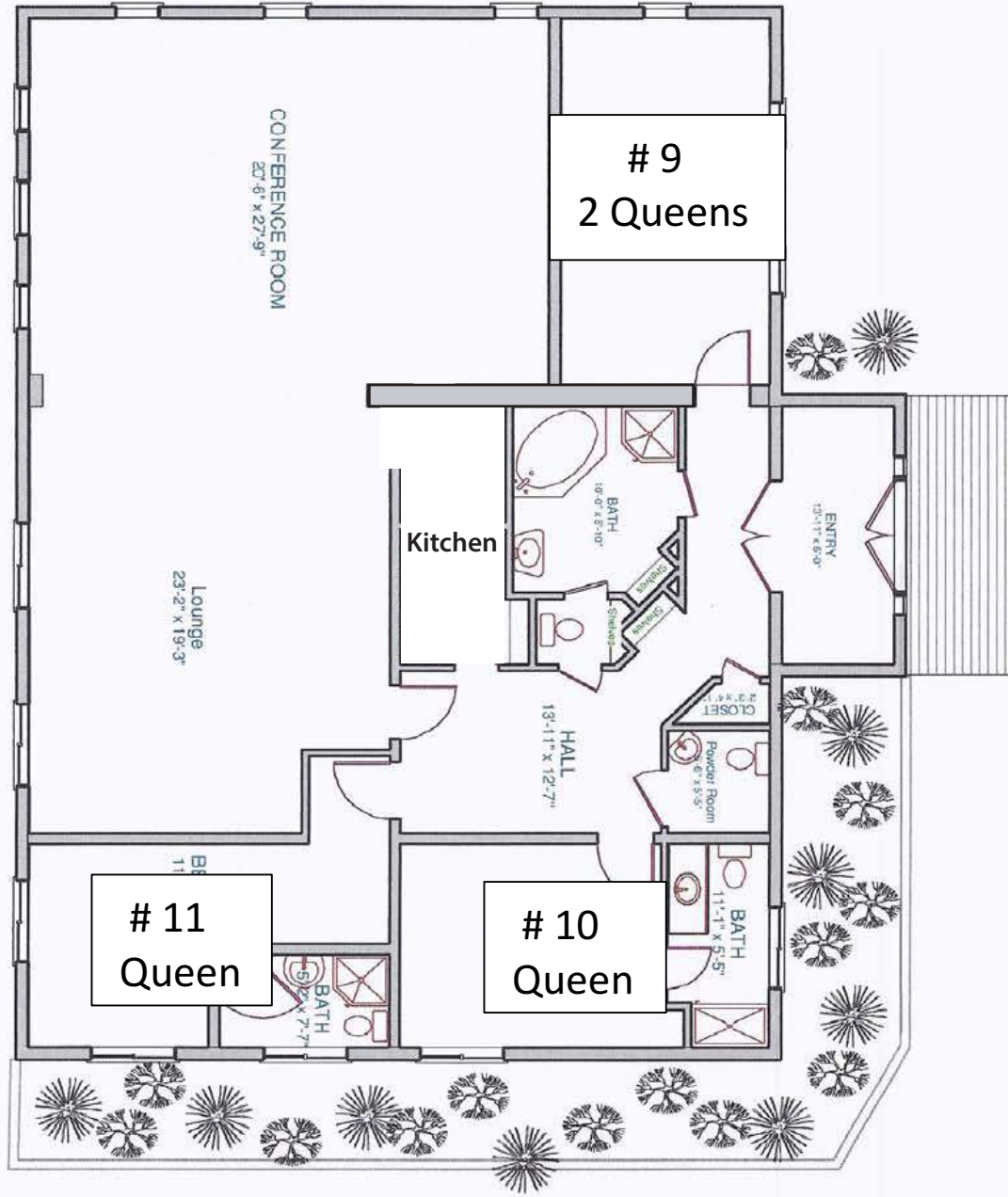


BASEMENT FLOOR PLAN

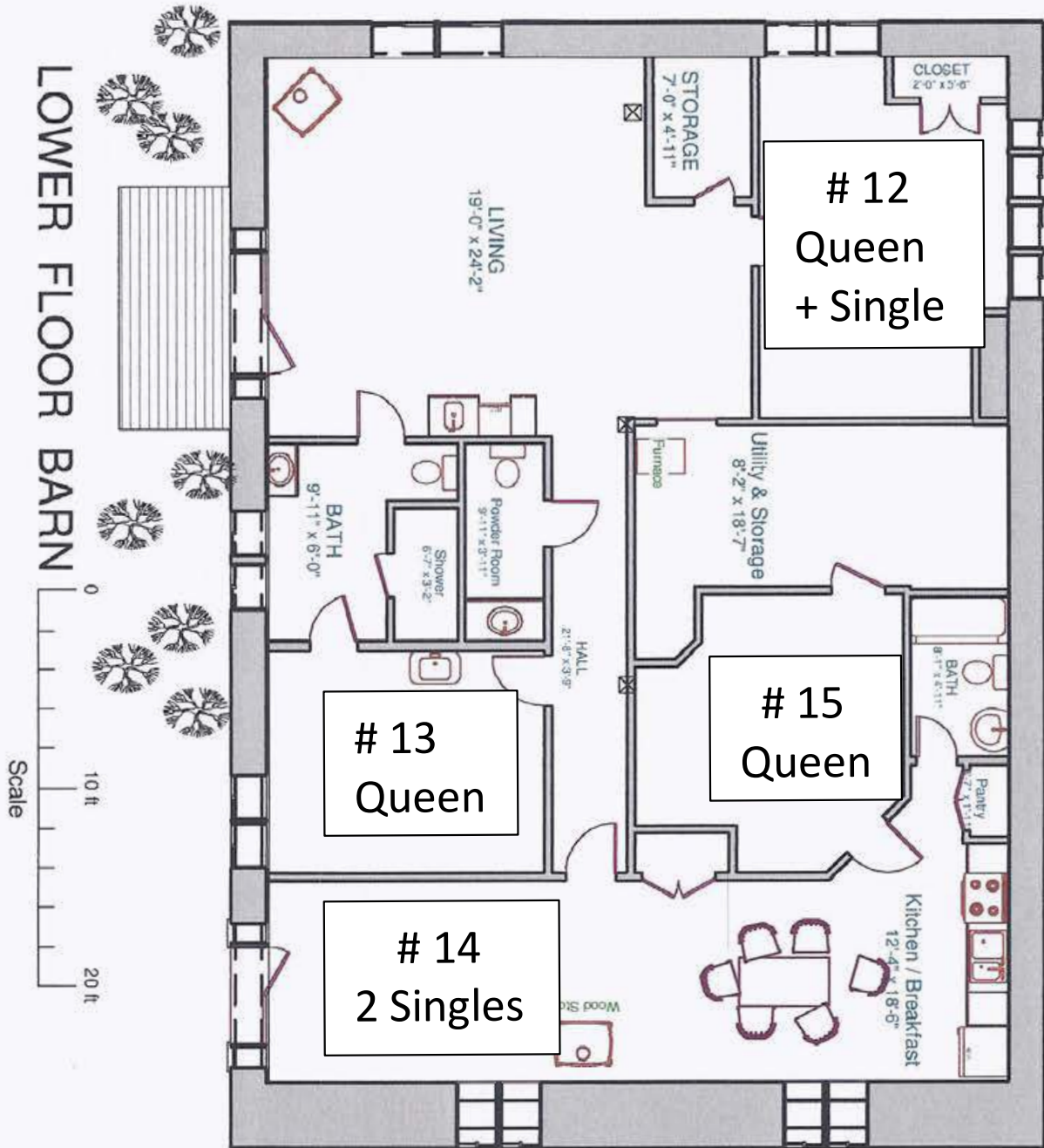


Silver Springs Upper Barn

MAIN FLOOR BARN



Silver Springs Lower Barn





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



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