

HOTEL INTEL

ENJOY A WEEKEND OF WELLNESS IN THE MOUNTAINS

Laurentians getaway focuses on fitness, food and healthy living in natural setting



ROCHELLE LASH

An A-team of wellness experts is launching its first getaway in the Laurentians Sept. 13-15 combining fitness, food, feel-good treatments and fresh mountain air. The Wellness Weekend will combine sociability with full immersion into your choice of experiences, ranging from rugged to relaxing. The two-night event is an all-inclusive escape with rustic lodging in summer camp cabins, nutritious food and an impressive roster of fitness activities, workshops and sports. Plus, participants will receive a welcome gift from Lolë, the Montreal-based activewear brand. “The getaway will feature a broad range of techniques geared toward strength and flexibility,” said Maxine Grossman, head coach and owner of MGPT Fitness in Notre-Dame-de-Grâce, who will produce the event with Marcy Beraznik-Greenspoon, co-founder of mymlist.com, a resource for parents. “With our hectic lives, exercise can be low priority,” Grossman said. “So many people overindulge in food and alcohol on weekend trips and then return home exhausted. This event will be an active, healthy escape.” The Wellness Weekend is a great opportunity given that Wanderlust, the huge event originally scheduled for August in Tremblant, has been cancelled. **The scene:** The Wellness Weekend is taking place on the site of Camp Wingate (formerly Pripstein’s) in St-Adolphe-d’Howard. The summer camp kids will be gone by September, so guests will enjoy the beautiful Laurentian Mountains and lakes in peace as the season changes to autumn. Lodging will be in large cabins

with bunk beds, with up to eight or 10 people sharing. There will be a choice of women-only or coed cabins, and each has its own washrooms and air conditioning. Guests can come solo or in couples, or in groups of girlfriends, bachelor buddies or corporate colleagues who might rent an entire cabin for a team-building session. Organizers expect 80 to 100 people for the inaugural event. The social action takes flight mostly after 5 p.m. Wine is on the menu on Saturday night, and it’s bring-your-own-beverage for the rest of the stay. In true summer camp spirit, there will be s’mores around a campfire and a folksy singalong led by Jennifer Gasoi, Grammy-winning singer, songwriter and producer. **Two ways:** The Wellness Weekend is designed so that guests can customize their visits — nice and easy or high-energy and high exertion. “Wellness should be enjoyable, not painful, or it won’t be sustainable,” Grossman said. “People should choose a path that they’ll stick with. It doesn’t have to be only boot camp and kale.” A laid-back Wellness Weekender might be seeking a totally restorative sojourn. He or she can sleep in or bliss out at a morning session with instructors from Modo Yoga, then take a lakeside stroll and have a massage. Or exercise fans can test their stamina and build strength with a trail run or high-intensity kick-boxing, kettlebells or the new Animal Flow (a dynamic, emerging technique with lots of movement). Several fitness coaches will give classes: Grossman is joined by Madeleine King, Mel Hagn, Myriam Mavros and Cristina Gonzalez. The retreat also touches upon many aspects of lifestyle. “We believe in dealing with the stress of everyday life in a holistic way, and that involves



Fitness exercises such as kettlebell movements will be part of the first Wellness Weekend, to be held Sept. 13-15 in the Laurentians. From left: Madeleine King, Michelle Rodine, Bita Paydar, Cristina Flores, Maxine Grossman, Cristina Gonzalez, Lochie Bisailion. MICHELLE LITTLE



Lodging at the Wellness Weekend will be in summer camp cabins, with eight to 10 people per cabin. MARCY BERAZNIK-GREENSPOON

learning, immersing in nature and making connections,” Beraznik-Greenspoon said. A lineup of resource people will give mini-seminars: dietitian Jennifer Abdulazer Mashaal, financial investment adviser Gabriel Flores, and Sharon Newman, a breast cancer survivor who advocates for closer regulation of ingredients in personal care products. Massage therapist Byron Hardie will be on hand, too, and the only extra charge

IF YOU GO

**The Wellness Weekend:** Sept. 13-15; 514-781-7899, wellnessweekend.ca; Camp Wingate, 1580 Chemin du Lac-des-Trois-Frères, St-Adolphe-d’Howard. **Price:** For two nights, \$485 p.p., or \$3,500 for an entire cabin (eight to 10 people); including meals, soft beverages, fitness classes, workshops, sports facilities.

during the weekend will be for his services. Guests also will have access to the camp’s facilities for tennis, basketball, lake swimming, canoeing, kayaking and paddle boarding, all at no extra charge. **Food:** Meals will be healthy, with vegan, vegetarian and gluten-free options. And there will be a mix of buffets and family-style platters served at tables, with salad bars. Some of the suppliers are Fourmi Bionique Granola Co., which makes delicious nutritious mixes and gluten-free snacks (lafourmibionique.com); and Boucherie Westmount, which will supply grass-fed, hormone-free beef and free-range chicken for the grill (boucheriewestmount.com). Oh yes, and there will be kale, if that’s your style.

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