

Wellness in the Wilderness

Health and Wellness Wilderness Retreats



Relax, revitalize,
reconnect and
organize your
natural energy for
health and well-
ness at our secluded,
train-in, wilderness

island resort in Ontario Canada. Aldona Mitrikas (Superior Living Consulting) and Leona Leroux (Michipicoten First Nation) will guide you on a step-by-step natural wellness and native healing program in this picturesque secluded wilderness setting that is truly away-from-it-all. This 5 Day/6 Night wilderness retreat includes group sessions for health and wellness teachings, individual sessions of Therapeutic Touch, Integrated Energy Therapy, Reiki, Medicine Wheel teachings, and guided nature walks and tours. Meals, accommodations, wellness program and train fares to our wilderness vacation resort are all included.



Join Aldona Mitrikas and Leona Leroux on our 6-Day
Wilderness Retreats for Healing and Rejuvenation



Aldona Mitrikas is a holistic therapist, Aldona works with the whole person addressing the eco-system of mind, body, emotion, energy/spirit when working with a client. Aldona Mitrikas brings to her healing work experience, energy and intuition to help you relax, revitalize and reconnect.

Leona Leroux has a Native Ojibway background and lives on Michipicoten First Nation. Leona is a practitioner, teacher and Master of Reiki and Leona also uses traditional native health and wellness techniques such as Medicine Wheel teachings, drumming, smudging ceremony with prepared sacred medicines, sharing circle, holistic wellness teachings supporting the physical, emotional, spiritual and mental bodies of healing.



For More information please go to our website at:

www.WildernessIsland.com/Wellness/

or contact us at:



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