



T H E S E N T I N E L

2024 Private Therapy Rates

Single participant session:

- Total paid by participant: \$3100.00

Two participants session (1 day only):

- Total paid by couple/duo: \$5000.00

***5-MEO single session: includes 1.5 pre session, 2 hour medicine circle and 1.5 hour integration session. (does not include intake)**

- Total: \$1000.00/session single session
- Total: \$500.00 added on to a Private Session

*available upon request based on availability of Therapist

A \$500 non-refundable deposit is required to secure your session and commitment. This deposit will be applied to your final invoice

RATES INCLUDE:

- Standard Screening Questionnaire
- Discovery Call with Sentinel intake coordinator
- Pre-integration session with Therapist (onsite)
- Medicine session
- Post-integration with Therapist (onsite)
- Optional Follow up Support with Nectara
- Full Access to The Sentinel Spa and facilities

RATES DO NOT INCLUDE:

- Intake Fee
- Accommodation
- Food
- Bodywork
- Incidentals

Additional Costs:

Intake Fee: \$150.00/session + taxes non-refundable



T H E S E N T I N E L

Accommodation:

King \$250.00/night | Queen \$190.00/night

Food:

\$135.00/person/day (based on number of people requiring food):-3 meals customised to participants dietary needs

Body and Energy workers:

Reiki

- [Chelsea vanKoughnett](#)

Shiatsu

- [Peter Radomski](#)

Thai Massage

- [Tyson Bartel](#)

Rebalancing Massage

- [Dustin East](#)

- [Dayna Taylor](#)

TCM- visit her website here: <https://lenineumeier.ca>

- [Leni Neumeier](#)

Sound Bath

- [Lee Reidl](#)

- [Noemi Kiss](#)

- [Robert Blackmore](#)

Yoga

- [Josana Starbuck](#)

- [Tyson Bartel](#)

Ecstatic Dance

- [Bernice Raabis](#)



T H E S E N T I N E L

Integration

- [Nectara](#)

Rates: 60 min \$120

90 min \$185

120 min \$250

*All sessions depend on practitioners schedule and availability

PROPERTY

- Spa zone: lake facing cedar-lined hot tub, cedar sauna, outdoor shower, copper cold plunge tub, patio. Open 24 hours (with conditions)
- Lodge/Great Room, eclectic library, piano
- 24 hour tea and coffee
- Patio
- 20' picnic table
- Beach access (700 ft of lakefront)
- 6 acres of pristine forest property
- Spacious sunroom
- Maloca: yoga mats, meditation cushions, tri-fold mats, drums, gong, blankets

General:

- The Sentinel Retreat and Wellness Centre exists to realise the full potential of humanity. We pride ourselves on our remote location, attention to detail, and ensuring our guests enjoy a calm and comfortable environment.
- There are no televisions or vending machines on the property.
- The hot tub and sauna are for the exclusive use of our guests. Beach towels are available in each guest room.

COVID 19: (when applicable)

- The Sentinel is dedicated to the safety and comfort of our team and guests. We follow all Ministry of Health guidelines and require that guests do the same.
- [Conditions of Entry](#) will be strictly adhered to.
- Any guest in resistance to our conditions will be asked to leave, no refunds. No exceptions.



T H E S E N T I N E L

**Revised November 8th, 2022

***Revised January 31, 2023