

EQUINOX SELF-CARE DAY

For Mental Health Professionals

A One-Day Nervous System Reset

Sep. 19, 2026 | 10:00 AM–6:00 PM

*You spend your days tending to nervous systems.
This day is for yours.*

This one-day Equinox Self-Care Day offers mental health professionals a chance to step away from the demands of practice, reconnect with themselves, and restore their capacity for therapeutic presence. The day will combine professional learning on nervous-system regulation, practitioner sustainability, burnout prevention, and embodied regulation with restorative practices, reflection, and time in nature. A 2 hour midday break will allow participants to enjoy lunch at their own pace while exploring the venue's amenities, outdoor spa, surrounding natural spaces, and nearby tunnels. Together, the day is designed to create space to learn, slow down, restore, and reconnect with practices that support both personal well-being and sustainable clinical work.

Two Facilitators

Guided practices focused on nervous system regulation, restoration, and reset

A Full Day at Watermark

Private Beach/River access
Cedar wood-burning Hot tub
Cedar wood-burning Sauna
Outdoor Shower

Othello Tunnels next door

Private and secluded immersion in nature

RAIN OR SHINE

Come prepared to be in the elements—some sessions will take place outdoors.

MAKE IT A DAY — OR A WEEKEND

Saturday Workshop - **\$259**

Make it a weekend with an onsite cabin stay. Accommodations range from **\$169/night** for female identifying-only shared lodging, where you may be paired with other guests, to **\$399/night** for a private cabin with a private bath. Inquire for cabin options and pricing.

MEALS

Bring your own meals.
Overnight guests have access to an onsite kitchen for food storage and preparation.

Coffee, tea, and snacks provided.



PROFESSIONAL DEVELOPMENT FUNDING

**Your employer or professional organization may provide professional-development or workplace-wellness funding that can be applied toward this retreat. Upon request, we can provide a detailed receipt, learning objectives, facilitator information, and a certificate of participation to support reimbursement requests.*

CONTACT CONNECT@SEASONSWITHIN.CA TO BOOK