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Dimensions Establishing Psychedelic Healing Retreat in Algonquin Highlands

Canadian company launching wellness destination combining legal plant medicine experiences with luxurious hospitality in nature

Toronto, April 27, 2022 - Dimensions, a Canadian company offering safe and legal psychedelic-assisted experiences for personal growth, well-being, and creative exploration, has revealed designs for “Dimensions Algonquin Highlands,” its first Retreat destination. The 45-acre property on the shores of Maple Lake, three hours north of Toronto, is scheduled to host private group retreats starting in July 2022 with plans to offer a complete suite of programs in 2023.

Dimensions was founded in 2021 by CEO Chris Dawson, COO Andrew Galloway, Chairperson David Heden and their team of leading clinicians, therapists, and hospitality experts to provide a new paradigm for well-being and mental health. The company’s programs incorporate psychedelic-assisted ceremonies led by Plant Elders and guided by expert psychedelic therapists in breathtaking natural environments.

At Dimensions Algonquin Highlands, healing modalities and plant medicines will include cannabis and cacao, as permitted by the local municipality, as well as psilocybin to guests that have received approval by Health Canada’s Schedule 56 exemptions and Special Access Programs. To support the psychedelic experience, Dimensions’ programs incorporate modalities such as yoga, Qigong, acupuncture, Reiki, cranial sacral therapy, sound therapy, and deep-tissue massage, as well as a variety of year-round outdoor activities such as paddle boarding, hiking, snowshoeing and cross-country skiing. Warm hospitality is key, including quiet luxuries and daily chef-designed menus that enhance the plant ceremonies. Post Retreat, Dimensions’ guests receive ongoing integration and continued care.

According to Dawson, “Witnessing the current mental health crisis, we recognized the need for alternative and natural methods for achieving well-being. Establishing Dimensions Algonquin Highlands, the first of several planned global Retreats, is a major milestone for our organization. For the past year, our team of clinical and hospitality experts worked closely to develop our evidence-based programs that are aligned with the most innovative thinking in this emerging field, while also respecting and honouring the history and use of plant medicine.”

The Algonquin Highlands property is designed by internationally renowned creative studio [DesignAgency](#) to help guests find their rhythm and immerse themselves in the healing benefits of nature. Newly constructed facilities will include 17 private cabin suites, a dining lodge and spa facilities. Their calming design fits quietly into the landscape and reflects the rural aesthetic developed by preceding generations.

The grounds, designed by celebrated Landscape Architect [Joel Loblaw](#) in collaboration with DesignAgency, will feature a meditation maze and scent garden for private reflection, as well as an extensive trail network through a forested wonderland. The property will also include an orchard, apiary, and organic garden whose bounty will supplement other local ingredients to provide the basis for the Retreat’s menus.

Dimensions Algonquin Highlands features some of Ontario’s finest nature, including shining waters, rugged hills, spectacular autumn leaves and year-round wildlife sightings. This majestic landscape has inspired numerous notable artists including Tom Thompson and members of the Group of Seven. Today, the Haliburton Highlands region is home to a large and varied artistic community whose exhibitions, performances and festivals run throughout the year.

“We are pleased to announce our first location in the spectacular Algonquin Highlands, the Ancestral Territory of Anishinaabeg Peoples. Each aspect of our program is intentionally designed around healing, improving consciousness, and finding self-betterment,” says Dimensions Co-founder and COO Andrew Galloway.”

Construction of Dimensions Algonquin Highlands is underway and private group programs will be announced in July 2022. For updates, register through the Dimensions [website](#).

Getting there

Dimensions Algonquin Highlands can be reached from Toronto, Ontario in three hours by car, and one hour by helicopter, or private air to the nearby Stanhope Municipal Airport (CND4).

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About Dimensions

Dimensions focuses on restorative well-being and transformational growth by combining neuroscientific research with Plant Ceremony, therapeutic healing modalities, and luxurious hospitality. Dimensions Algonquin Highlands is the first in a growing collection of retreats in spectacular, natural settings.

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