

W A N D E R N O R T H



THE SPACE BETWEEN US

At Dimensions Retreats, we found the rare gift of slowing down—
rediscovering not just ourselves, but each other.

BY MELODY WREN



After a busy month and rising burnout, my husband and I headed to Dimensions Retreats, hoping to rest, reflect, and reconnect through a curated couples wellness itinerary. Most of it was unfamiliar to us, but we were open. As we drove down a long, tree-canopied lane to the secluded grounds, the stress began to fade. Inside the main lodge, elegant design, calming colours, and panoramic lake views set the tone. We were handed refreshing pink welcome drinks, verbena with lime and mint, and I was already falling for the place.

Our cabin was a model of understated luxury: a bed facing the lake, a soaker tub, a long window seat, and local, natural touches like handmade soaps. I remembered a favourite saying: “Any time spent on the water is not deducted from your total life span.” Peace settled in almost immediately.

That evening, Managing Director Melanie Coates welcomed us over dinner, explaining, “We have no art here, because the lake view is all you need.” Around the table, we met the four other guests, accomplished women seeking the same nourishment and rest.

Chef Jordan, the culinary director, introduced the meal and his philosophy. After healing his own health issues through food, he now cooks gluten-free, lactose-free, and without refined sugars—choices that guide his recipes and his cookbook. Dinner was a four-course, plant-forward experience showcasing seasonal local ingredients. A standout dessert, banana bread with dairy-free ice cream, charred apricots, and cashew crumble, which proved indulgence doesn’t need to come from traditional ingredients.



The next morning, I watched the still lake from bed with tea in hand, ducks gliding across the surface like a painting. Breakfast was wholesome and vibrant: poached eggs on potato galette, watermelon-peach salad, and creamy goat cheese on flatbread. Chef Jordan emphasized that wellness isn't just movement or mindfulness; it's digestion and connection with your body. "It's not just fuel. It's communication," he said.

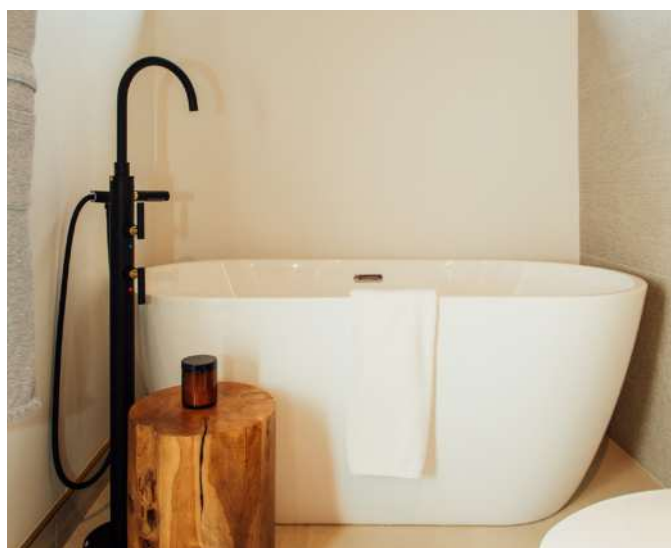
We joined Kayla for a forest walk, more mindful than physical. "Slow your breath. Slow your pace," she reminded us. Having mapped the trails herself, she emphasized an intuitive connection with nature. Tiny frogs and wildflowers emerged in the quiet, as we stepped through moss beds, what she called "moss love." Kayla encouraged us to find a spot in the forest that "speaks" to us. Some hugged trees, others sat silently. I leaned on a fallen trunk, reflecting on its story. Kayla believes in a reciprocal relationship with nature: "Gratitude creates flow. The forest will give you what you need."

Next on the itinerary was a bio-sound bath. I lay on a warm bed with an eye mask and headphones as layered tones pulsed through me. At first, I fought it, my mind drifting to what I

"should" be doing, but slowly, I let go. Though I didn't sleep, I felt like I entered another dimension. It was immersive, beautiful, and unlike anything I've experienced. Lunch was a healthier take on a classic: spaghetti squash with chicken meatballs and a fresh tomato sauce. Jordan's meals are adaptable and deeply nourishing.

My massage session with Pierre was unexpectedly intense. He used a massage gun and acupuncture, working along the body's meridians. At times, it was sharply painful, but purposeful. His goal was to move blood from foot to heart and release stress. I followed it with a swim in the warm lake, then lazed in the sun, debating whether to nap or paddleboard.

Snacks were available day and night at the main lodge, salads in the fridge, homemade baked treats, fresh fruit, jars of nuts, and even little snack bags to take any of it back to the cabin. Dinner featured roasted cauliflower and cabbage tacos with avocado crema and ended with a fudge brownie topped with almond ice cream and crumble. Each dish continued the theme: local, vibrant, and healthy.



That evening, we participated in a group sound bath in a geodesic dome. We lay on mattresses, with pillows for our heads and feet. Kayla, now in her sound therapist role, explained how the bowls were tuned to specific frequencies meant to stimulate the vagus nerve and open healing pathways. As the sounds washed over us, she placed tuning forks on our chests, sending vibrations through the body. The experience was subtle, powerful, and deeply calming.

Dimensions Retreats offered the ideal setting, tools, treatments, nourishment, and guidance. All that was required of us was to show up and remain open to new experiences, each following our own unique path. Along the way, we discovered deep connections to water, earth, forest, and each other.

As our stay ended, I realized how rarely I experience true rest where every detail is handled, and I can fully let go. I felt a deep peace I hadn't even known I needed. This retreat didn't just relax my body; it recalibrated my spirit. Every treatment was grounded in simplicity and profoundly effective. Sound therapy, massage, healthful meals, quiet moments in nature— each offered intentional deep relaxation I've long

overlooked. I'm taking a few key lessons home: schedule rest like everything else; seek out deep massage and sound therapy locally; and start using Chef Jordan's cookbook to bring wellness into my kitchen.

Though much of the journey was personal, we also reconnected as a couple through shared meals, quiet reflections, and parallel moments of stillness. During the group sound bath, lying side by side in the dark dome, we were connected together in silence, yet individually reflective.

Most importantly, I'm reminded that this journey is ongoing. Wellness isn't a destination, but an evolving process of learning, listening, and discovering what I need, often, things I didn't know I was missing. **W**

Photography: Dimensions Retreats