

REWILD YOURSELF YUKON



The Ultimate Yukon Retreat

What better place in the world to recharge, disconnect, recenter and grow than in the farthest northern corners of the Yukon, in the wild, to REWILD yourself. And go fishing!

Midnight Sun Outfitting and Emma Hull are collaborating to create the ultimate Yukon retreat. Peace and quiet, inspiration from other like minded souls, surrounded by the deepest nature is the best for learning awareness of your own strengths and remove all outside distractions to regain your confidence, strength and soul soundness. Choose your adventure: yoga, meditation, and workshops, or immerse yourself in rods and reels with our expert fishing guide.

ABOUT US

Emma Hull is a transformational life coach, reiki healer, yoga teacher, and expert in helping people master their mindset and access the freedom that comes with unshakeable self-confidence. Emma's teachings focus on empowering individuals to live a life full of joy and without guilt. She strongly believes that everyone deserves to achieve their full potential, including living a life that is free from fear and self-doubt.

Midnight Sun Outfitting is a first class outfit and wilderness tourism operation in the Northern Yukon, Canada. Midnight Sun Outfitting has been renown for adventure tourism trips for over 30 years! They offer guided fishing trips, hiking excursions, horseback adventures, aerial tours, birdwatching, rafting trips, hunting trips, scavenging outings, corporate retreats, yoga retreats and so much more!

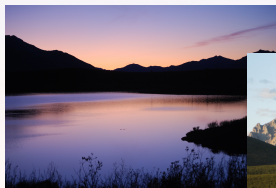
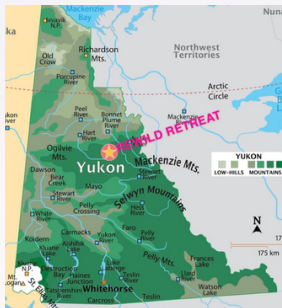


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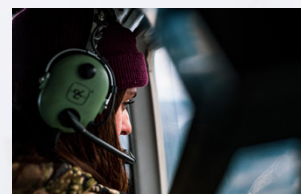
LOCATION

The retreat will take place at Midnight Sun Outfitting's Hart Lake base camp. Hart Lake is located in the remote depths of the Wernecke Mountains, Yukon, which is approximately 120 air miles NorthEast of DAWSON CITY, YUKON. It is nestled in the mountains that are abundant with sheep, caribou, moose and grizzly. The main lodge is situated on a large lake with 360 degrees of serene landscape. The remoteness, untouched landscape and vastness of the Yukon truly makes this the ULTIMATE Yukon re-wild yourself retreat! Is there any better place in the world to disconnect?



TRAVEL

The retreat pick up location is DAWSON CITY, YUKON. This vibrant historic town is a Yukon must-see and explore! We recommend that our REWILD guests travel up to the Yukon with Air North-Yukon's Airline and stay at either at Bombay Peggy's Inn (867-993-6969) or the Triple J Hotel (867-993-5323) while in Dawson City. A few days in this fun town is a great kick off to your recharge, soul-searching adventure! On the first day of the booked retreat we will pick you up and take a 1 hour bush plane flight through the mountains to Hart Lake. Sit back and watch civilization disappear underneath you and let nature take over the view, your body, mind and spirit.



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DAWSON CITY

Dawson City is an eclectic and vibrant northern community on the banks of the Yukon River. It boasts a mix of arts, culture, wilderness, and history. Dawson City is a magical place that is easy to love and difficult to leave. It is rich in First Nations heritage and Gold

Rush history blended with an active gold mining community and strong tourist destination. We recommend our guests stay and tour around Dawson for a day or so and kick start their vacation. A great way to get oriented to Dawson City is by taking one of several informative and entertaining tours offered in town. Learn about Dawson City's fascinating gold rush history and dip into the shopping, you might even find yourself a nugget!

Retreat participants will meet in Dawson City the night prior to departure for welcome supper and introductions! Meet you at the Drunken Goat Restaurant!



MEALS

The retreat is focused on healthy living and well being--mentally and physically! We offer fresh home-cooked meals by our wonderful lodge chef. There will be three meals a day and snacks available. For any special diets or requests we ask that guests add their wishes on the their demographic form when they book, and we would be happy to tailor meals. We are excited to offer Yukon style meals and retreat members will have the opportunity to eat Bannock, organic wild game (moose or caribou), freshly caught fish from our fishing gentlemen, Yukon grown vegetables and even some forage picked. The water is safe to drink up in the mountains at Hart Lake, and no filtration needed.



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ACCOMMODATIONS

At Hart Lake, where the retreat will take place, there is an off grid lodge and multiple guest cabins. The main lodge is small, but comfortable and set up with all the basic amenities. We have gravity fed running water, propane heat, wifi, a TV and satellite phone (used of camp use only). Wifi is available if needed, but we recommend that it is limited in use. The accommodation cabins are simple, basic, have propane heat and beds with foam sleeping pads. Guests will to stay together in cabins, you each have plenty of space and individual beds. Hart Lake camp also has a hot tub, sauna, shower house, big fire pits and many more fun add ons for your enjoyment.



SAFETY

Naturally there is a concern with safety while this remote and deep in the woods. Midnight Sun Outfitting has a RN on staff, satellite phones with every team member, and there are three airplane fleet ready on demand if there were any emergencies. The Young family has been operating MSO for over three decades and have the resources and capability to maintain a safe work environment. Bear safety is a high priority and our staff members will ensure that you feel safe and comfortable at all times. The Hart Lake base camp is a very busy lodge and therefore there is no immediate concern with bears. On the occasion that the retreat group heads out for a hike etc, we will provide a staff member to accompany for safety and offer extra assistance.

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WHAT TO BRING

The following is a suggested list of what to both pack on your upcoming trip. Please be advised this simply a recommended guide.

Your bag must not weigh more than 50lbs.

- One Small Day Backpack—(recommended internal frame, comfort important)
- Sleeping bag—light, compact, at least -20C bag, with or without sleeping bag cover
- Air Mattress or bed roll—recommended NeoAir etc., light and compact-able
- Hiking boots—worn in (requirement), waterproof recommended
- Running shoes or camp shoes—light, breathable, comfortable, compact-able—extra pair of shoes for evening wear
- Raingear—very important to have high quality. Pants and jacket with hood.
- Light gloves and hats
- Hiking shirts and pants—comfortable, easy dry, quiet materials. Layering--polyester, down, Marino wool etc.
- Socks—cotton and thicker warmer socks, hiking socks etc. Smart wool are good example.
- Personal toiletries, medications etc.
- Water bottle, or water carrier/camelback etc.
- Headlamp, charged. Lighter, insect repellent, sunscreen
- Yoga/Stretch clothing
- Yoga matt, blocks and other necessary accessories you personally desire for your practice. Some will be provided.
- Personally preferred rod and reel, or/or tackle. However full gear will be provided.

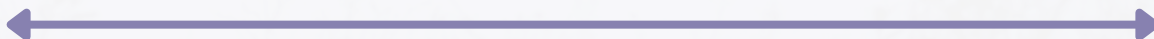
Average Temperatures (in degrees Celcius)

July: Day (+5C to 20C), Night (0C to +10C)

August: Day (+5C to +20C), Night (0C to +10C)

September: Day (-10C to +10C), Night (+5C to -15C)

Any specific questions, please contact us. Thanks!

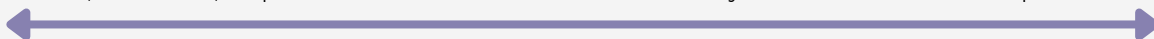


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CHOOSE YOUR ADVENTURE

We created this retreat to offer the ultimate couples' experience. Whether you are in a romantic partnership, friends, or relatives, we provide two tracks of activities that cater to your individual desires and preferences.



THE ULTIMATE FISHING RETREAT

Immerse yourself in the ultimate fishing retreat, where you have the freedom to choose your preferred fishing style—spin cast or fly fish—and explore the serene beauty of lakes and rivers.

Feel free to bring your trusted gear or rely on our top-quality equipment, ensuring you have everything you need for an exceptional fishing experience. With the guidance of our expert fishing guide, discover the best spots to reel in your prized catch while honing your technique along the way.

Venture on an exhilarating horseback adventure, exploring distant lakes and rivers, and embark on an overnight expedition to one of Midnight Sun Outfitting's cozy cabins nestled in the Wernecke Mountains.

In this tranquil haven, disconnected from distractions, you'll be fully immersed in the majesty of your surroundings, embracing the harmonious rhythm of the sport as you cast your line. Share this remarkable experience with fellow kindred souls, forging unforgettable memories and nurturing friendships that will endure.

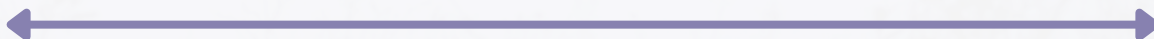


THE ULTIMATE REWILDING RETREAT

Awaken your senses with a serene start to your day through a guided meditation class, followed by a nourishing breakfast featuring nature's bountiful offerings. Ease into the morning with a gentle yoga practice, perhaps complemented by a refreshing hike to a nearby lake. Equip yourself with valuable tools and techniques to master your mindset during the empowering afternoon workshop. As the day winds down, share stories and cultivate new friendships over a delightful dinner. Conclude your day with a reflective yoga practice and a guided meditation, setting the stage for peaceful rest.

Indulge in ample downtime to unwind at your own pace or connect with newfound friends. Use this time to journal your thoughts, try your hand at fishing, embark on a thrilling horseback riding adventure, or simply wander amidst the vibrant wildflowers.

This is the perfect place to unplug from life's distractions so that you can reset and recharge your energy, allowing your beautiful light to shine fiercely once again.



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DATES

The retreat dates are July 22 to 26 2024

We ask that you be in Dawson City, Yukon on July 21st for a welcome supper and then next morning ready to fly in to the mountains for this amazing adventure. Let the recharge begin! If you cannot make it this July please email us and let us know and we will keep you in mind for further dates.

SCHEDULE

July 21--Welcome dinner and meet and greet in Dawson City, Yukon

July 22-- Fly into Hart Lake and let the REWILD begin

July 23--REWILD

July 24--REWILD

July 25--REWILD

July 26--Return to Dawson City, Yukon

PRICE

The REWILD YOURSELF YUKON RETREAT is \$5000/person, plus GST.

We encourage you to bring your partner or adventurous bestie along too!

Your retreat package includes your accommodation, three meals each day, fishing guide for all days, daily group yoga/meditation workshops, daily yoga, supportive staff, and flights into the remote retreat location at Hart Lake. Your package does not include your airfare to Dawson City or optional purchases during your stay.

To solidify your booking we ask for full payment at time of booking. Please send your e-transfers to midnightsunoutfitting@gmail.com with the password: Yukon.

We sincerely appreciate your business! And we look forward to having you in the Yukon!

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CONTACT

If you have any questions or concerns please contact us anytime at the information below, we would love to hear from you.

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WE CAN'T WAIT TO MEET YOU!!

