



"Summersgiving Solstice in Sun Peaks" A Radiant Celebration of Wellness, Movement and Magic

Summersgiving Solstice in Sun Peaks

June 20 to 22, 2025

Weekend All Access Pass - \$250 plus taxes and fees

Curate your weekend with a selection of as many or as few workshops that you would like.

***some exceptions apply**

[REGISTER](#) [WEEKEND ITINERARY](#)

***accommodations additional**

FRIDAY, June 20: Day 1

Maya Yoga Mentorship Global Live Stream Class

Instructor: [Nicki Doane](#)

Time: 12:00pm to 2:30pm

Location: Sun Peaks Centre Board Room

Fee: \$50 plus taxes and fee

This class is an asana practice of Nicki's choosing where we come together in a community of more advanced yogi's to be mentored by one of the best in the industry. Don't miss this opportunity to practice with a true master

This opening workshop is exclusive to those yoga instructors working in the wellness industry

Optional Add-On: Not included in the Weekend All Access Pass. Additional fee applies.

Registration and Welcome

Time: 3:00pm to 5:00pm

Location: Sun Peaks Grand Terrace

Welcome beverage and appetizers served.

After checking into your accommodation, stop into the welcome reception where you can double check workshop list, receive your welcome gift bag and mingle and meet other participants and workshop facilitators.

[Sun Peaks Yoga](#) Rental Booth will be onsite for supplies such as yoga mats and props

Yoga "Free your hips, Free your life"

Instructor: [Nicki Doane](#)

Time: 4:30pm to 6:00pm

Location: Sun Peaks Centre

This class will focus on hip stretches, which we all need! Prepare to feel amazing after this purposeful sequence that will both challenge and calm you.

Yoga Nidra and Sound Bath for rest and sleep

Instructor: [Kayla Alfred](#)

Time: 7:30pm to 9:00pm

Location: Sun Peaks Centre

This is a meditative experience where participants are guided through restorative poses, woven with yoga nidra to prepare for rest, and finishing with an immersive sound bath designed to promote deep relaxation, mindfulness and emotional healing.

SATURDAY, June 21: Day 2

Sunrise Yoga

Instructor: [Kayla Alfred](#)

Time: 5:00am to 6:00am

Location: TBC

Rise with the sun and let your spirit shine. This class will include breathwork, movement and meditation.

Yoga Sun Salutations

Instructor: [Nicki Doane](#)

Time: 8:00am to 9:30am

Location: TBC

This will be a dynamic energizing “maya yoga flow”. Nicki will bring her own style and interweave it with her strong Ashtanga background to bring you a great class that will get your heart pumping.

Numerology “Decoding Your Medicine”

Facilitator: Meaghan Alton

Time: 10:30am to 11:30am

Location: Sun Peaks Centre

This workshop will focus on how you can use numerology to understand the gifts and strengths you embody. We will connect with the 9 year energy year we are in - expect some big takeaways and personal forecasting. Opportunity for 1:1 follow up meetings later in the afternoon.

HITT class by Sun Peaks Fitness

Time: 11:00am to 12:00pm

Location: [Sun Peaks Alpine Fitness](#), outdoors weather depending

Numerology/Private Tarot Readings

Facilitator: Meaghan Alton

Time: 12:00pm to 1:00pm and 3:30pm to 5:00pm

Length: 20 minute 1:1 private sessions

Fee: \$40

Optional Add-On: Not included in the Weekend All Access Pass. Additional fee applies, sign up on the day.

Key Note Speaker - Hormone Health

Instructor: [Jenn Pike](#)

Time: 1:00pm to 3:00pm

Location: Sun Peaks Centre

“Mastering midlife metabolic health” : how to build strength, shed inflammation and feel amazing in your midlife and beyond.

Yoga for Golfers

Instructor: [Nicki Doane](#)

Time: 3:30pm to 5:00pm

Location: Sun Peaks Centre

This yoga class is tailored for the golf lover! If you would like to improve your swing and golf game, don't miss this class.

The Yoga of Emotion “The Art Of Self Care”

Instructor: [Dana Skoglund](#)

Time: 4:00pm to 5:00pm

Location: Sun Peaks Centre

In today's fast paced world, emotions often feel overwhelming, leaving us disconnected from our inner peace. This talk will blend the wisdom of yoga with the time-tested healing principals of Ayurveda, creating a pathway to emotional balance, resilience, and deep self-care.

Dinner: Summersgiving Solstice Celebration

Date: Saturday June 21

Time: 6:00pm to 9:00pm

Fee: \$35 plus taxes, fees and gratuity

Location: Masa's Bar + Grill Patio

Seating is limited.

This outdoor long table family style dinner is a seasonal feast bringing together the Sun Peaks local community and festival attendees to share a meal honoring abundance, gratitude, community and the changing season.

Optional Add-On: Not included in the Weekend All Access Pass. Registration required.

SUNDAY, June 22: Day 3

Yoga “Wake Up Yoga For The Soul”

Instructor: [Nicki Doane](#)

Time: 8:00am to 9:30am

Location: Sun Peaks Centre

This is a heart centered morning practice designed to awaken your body, calm your mind and nourish your spirit. Perfect for all levels.

Class by Sun Peaks Fitness

Time: 9:00am to 10:00am

Location: [Sun Peaks Alpine Fitness](#), outdoors weather depending

Key Note Speaker - Ayurveda and Neuroplasticity

Instructor: [Dana Skoglund](#)

Time: 11:00am to 1:00pm

Location: Sun Peaks Centre

“The Art and Science of Self-Care” this workshop will explore how Ayurveda, the ancient art of living, and modern neuroplasticity can help you bridge the gap between intention and action so you can thrive in every area of your life. Walk away with practical Ayurvedic rituals and science-backed tools to create lasting transformation and close the gap between where you are and where you want to be.