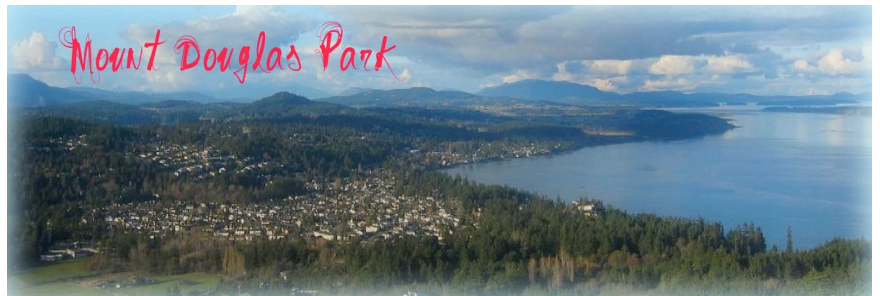




## 1. MOUNT DOUGLAS PARK

Mount Doug, as the locals of Victoria call it, has so many hot spots of health all wrapped up in one park.



From a strenuous hike to the top of the mountain to the ocean-side beach strolls, this park is ideal for both athletes and people who simply love to take in the energy of nature.

- A 45 minute hike up 'Little Mount Doug' is a must for those who are short on time, yet want a cardio and leg strengthening workout
- Breathtaking views can be seen from the very top of Mount Doug, which nourish the soul. Accessible by both car and hiking trails
- Yoga classes have often been held at the top of the mountain on the concrete platform
- Fresh Air – when you enter any of the hiking trails from the main parking lot at the base of the mountain, take a deep breath in for some purifying fresh air. Aaaaahhhhhhhh....

Website & Trail map: <http://www.mountdouglaspark.ca/>



## 2. MEDITATION GROUPS

Close your eyes, take in a slow deep breath and clear your mind of worries.... **Find peace.**

Local groups meet throughout the week in various locations offering meditation for both beginner and seasoned meditators:

- <http://www.meditateinvictoria.org>- a Buddhist-based practice, suitable for beginners.
- <http://victoriavipassana.org>- Insight Meditation (Vipassana) – offers weekly practice, weekend retreats, walking groups and much more, suitable for all levels



### 3. LINDSAY ROSE HOLISTIC HEALTH

#### WORKSHOPS & CLASSES

Empower yourself and take control of your own health & wellness through Lindsay Rose's educational (and very affordable) classes and workshops.

Including:

- Relieve Neck & Shoulder Tension Workshops
- Reiki / Energy Healing Group Sessions
- Boost Your Energy Workshop
- Creating Happiness & Joy in Your Life
- Prevent the Cold & Flu – Boost Your Immune System
- Sleep Peacefully – Improve your Quality of Sleep



Workshops are held throughout the week on both evenings and weekends.

Small class size provides hands-on instruction plus handouts to take with you for future reference.

An easy and fun learning environment that **empowers you to be healthy & happy** and live the life you truly deserve!

Contact details: Lindsay Rose Turner - (250) 595-1985 or [info@LindsayRoseHolisticHealth.com](mailto:info@LindsayRoseHolisticHealth.com)

See current schedule here: <http://www.LindsayRoseHolisticHealth.com/Workshops>

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### 4. MOSS ST MARKET

Fresh. Local. Organic. Affordable.

What more could you want from the foods you nourish your body with?

Moss St. Market, located in Fairfield, **provides local and organic produce**

and foods, handmade crafts, artisan clothing, inspiring services and community education to folks from the entire Victoria region for close to 20 years.

The sweet smell of food, music, friendly faces and laughter make this hub a favourite for locals.

Details:

- Saturdays 10:00 am - 2:00 pm; 1st Saturday in May until Last Saturday in October
- Location: Moss St & Fairfield Rd @ Sir James Douglas School yard
- <http://www.mossstreetmarket.com>



## 5. NAMASTE INSPIRED ATHLETICS

Being active is an integral part of overall health and wellness.

Whether it is for a cardio dance/fitness class or a restorative yoga class, Namaste Inspired Athletics will appeal to everyone seeking balance in life.



Liz, the founder, has a passion and commitment to make Victoria and people like you healthier beings on all levels. She is a leader in the local community who **encourages preventative health** by volunteering both time and service at events for charity, fundraisers and educational classes.

Classes are ideal for both beginners and advance yogis and groovers. In the summer enjoy Yoga in the Park, and during the cooler months at the beautiful sanctuary Sleeping Dog Farm.

Classes & Private Instruction:

- Yoga
- Pilates
- Groove Method – (a fusion of dance & fitness)
- Toddler Groove Class
- Workshops & Retreats

Website: <http://www.namasteinspired.com>



## 6. SUMMIT PARK

Want to replenish your energy?

Take a walk amongst the Garry Oak trees and let the energy of this eco-system replenish and **rejuvenate your soul.**

Previously named Smith Park, this beautiful setting offers north facing views of the city, intertwining gravel paths, a children's play area and many rocky perches where sitting and meditating just come naturally.

This little oasis within a residential area, is both peaceful and quiet with normally only a few people taking advantage of the park at any given time.

[Map of Summit Park](#)



## 7. JUAN DE FUCA TRAIL

You can't get any more 'west coast' than Juan De Fuca Provincial Park. This hiking trail is a must if you strive to challenge your body and stay in tip-top shape.

Although most of the trail is designed for **strenuous day or multi-day hiking** and camping in this rugged and isolated area, there are also easy to moderate day hiking opportunities that lead to the beach.

From the rugged ocean shoreline to the majestic rain forest, many locals love this hiking trail. In just over an hour, you can escape the city and have your body & mind replenished by the energy of the forests and oceans.



The Juan de Fuca Marine Trail is 47 kilometers of wilderness stretching along the western shoreline of southern Vancouver Island. There are four trailheads that access the main trail:

- China Beach
- Sombrio Beach
- Parkinson Creek
- Botanical Beach

There are camping opportunities at these sites and along the trail. The perfect outdoor 'get away' without having to go far (and at an affordable price).

Website: [Juan de Fuca Provincial Park](http://www.juandefuca.ca)

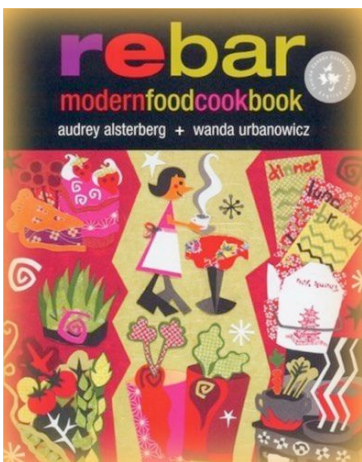
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## 8. REBAR RESTAURANT

Do your body good by nourishing it with fresh, healthy wholesome food. This modern restaurant is a vegetarian's dream. With emphasis on organic, regional and seasonal produce, Rebar is committed to ensuring Victoria has healthy and environmentally friendly meal options.

Highlights:

- Fresh Juice Bar: fruit & vegetable juices, smoothies, wheatgrass drinks & power tonics
- Has Gluten-Free & Vegan menu options
- Unique and vibrant cookbook for sale



Location Details: 50 Bastion Sq, Victoria – (250) 361-9223

Website: <http://www.rebarmodernfood.com/>



## 9. WILLOW'S BEACH

Expose yourself to the essential elements of nature: Fire, Water, Earth & Air

- **Fire:** Bask in the morning and afternoon sun; a great source of Vitamin D.
- **Earth:** Take your shoes off, feel the energy of the earth as the sand massages your feet. Connect with the earth, feel grounded and centered.
- **Air:** Close your eyes, take a moment to slow down your breathing, breathe in the fresh air that nourishes your body and mind.
- **Water:** The sound of water gently lapping against the beach will soothe the soul and bring peace to your day.



Willow's beach is the perfect place to unwind, relax on a blanket or piece of driftwood, read a book, meditate or take a casual stroll along the beach or paved boardwalk.

Located on the south east side of Oak Bay.

[Map to Willows Beach](#)



## 10. HOUSE OF NUTRITION – FAIRFIELD

The House of Nutrition offers a wide range of products, vitamins and supplements that ensure you live a healthy lifestyle.

What makes this store different from the others in Victoria? -- The knowledgeable and well-educated employees!

The staff truly cares about your health and well-being and have a passion in helping customers until they are fully satisfied. They are trained and educated on the products they sell and therefore able to make valuable recommendations for you and your health. They truly have your best interest at heart and provide you with a friendly and easy-going experience each and every time you come to the store!

Examples of products they carry:

- Top brand vitamins & supplements
- Greens drinks and protein powders
- All natural skin, body and hair products
- Cleansing kits, probiotics & digestive aids
- Bach flower drops and aromatherapy oils
- Salt lamps, candle holders and products for the home..... and so much more!

Location Details: #4 - 1516 Fairfield Rd - (250) 595-5387 – Manager: Glennis Taylor