SPA EASTMAN



Planner's Guide



Welcome to Spa Eastman!

An ideal destination for corporate retreats, whether large-scale or more intimate. Whether you're planning a strategic meeting or a team-building event, our nature-immersed hotel domain offers a variety of options tailored to your specific needs.

Each corporate retreat gives you access to the brand-new Oasis pavilions—spaces designed to inspire and revitalize. Our mission is to create an environment that fosters creativity, collaboration, and strategic thinking. By immersing your team in an inspiring setting, you'll be able to fully focus on your retreat goals while enjoying a place that stimulates innovation and strengthens bonds.

Marie-Ève Gosselin

Corporate Retreats and Groups Director

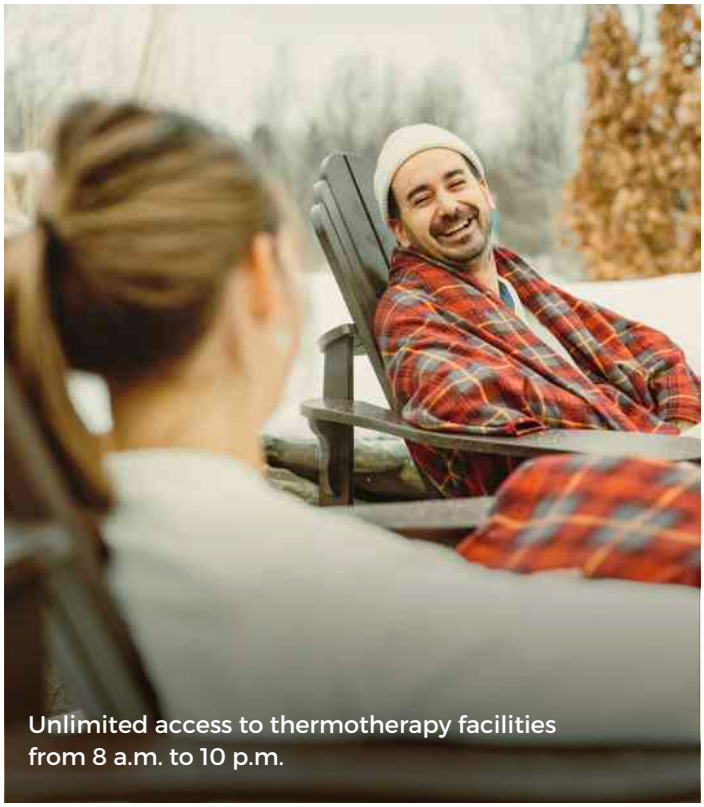


PLANNER'S GUIDE

Wellness Essentials

SPA EASTMAN

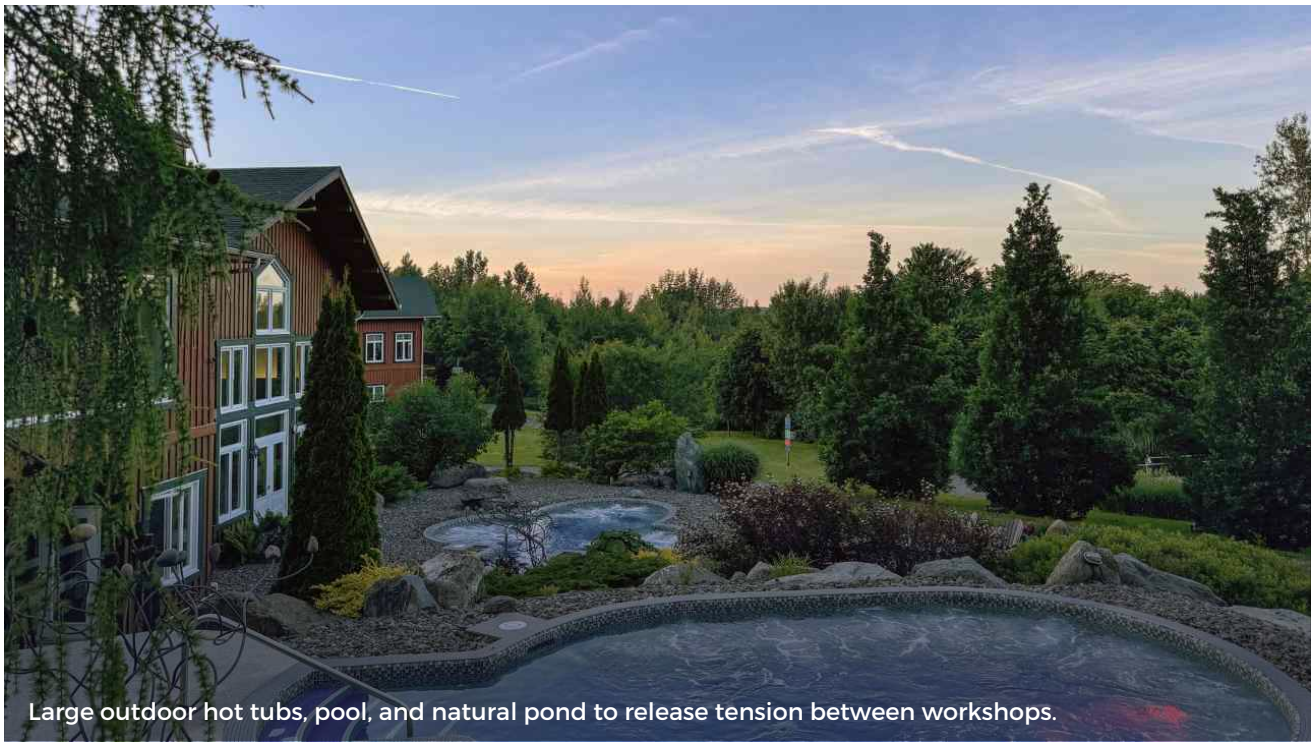
Thermal Experience



Unlimited access to thermotherapy facilities
from 8 a.m. to 10 p.m.

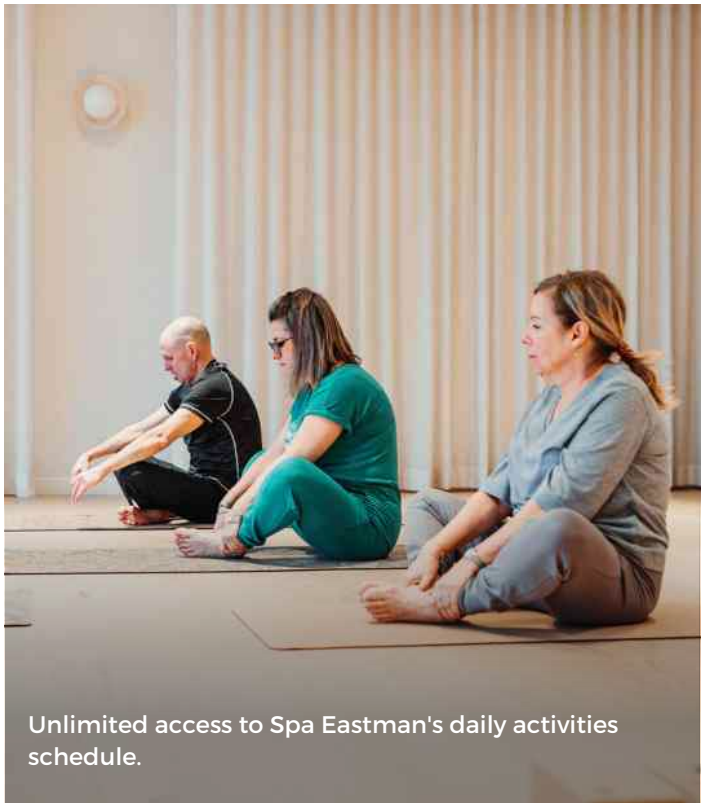


Indoor facilities: Hammam, cold plunge,
saunas, and pool



Large outdoor hot tubs, pool, and natural pond to release tension between workshops.

Activities and Conferences



Unlimited access to Spa Eastman's daily activities schedule.

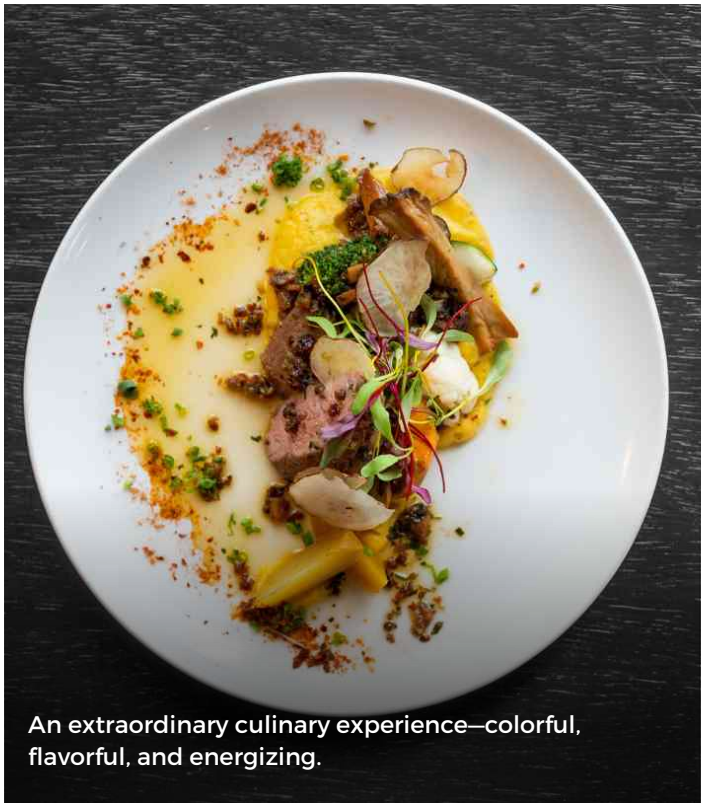


Learn the best practices for alternating hot and cold exposure.



Fitness classes, practical workshops, and conferences on various health and wellness topics. Our team of professionals is always happy to share their knowledge!

Tonique Cuisine®



An extraordinary culinary experience—colorful, flavorful, and energizing.



Led by chef and nutrition therapist Jean-Marc Enderlin.



Thanks to our vast outdoor gardens and sun-drenched greenhouses, the Spa Eastman team serves up dishes bursting with freshness and vitality—from garden to plate.

3 Table d’hôte meals daily

BREAKFAST

- Cashew yogurt, fermented berries, muffin
- Choice of à la carte dish
- Tea, coffee, herbal tea





LUNCH

- Soup and salad
- Choice of à la carte dish
- Tea, coffee, herbal tea

DINNER

- Market soup
- Creative seasonal salad
- Choice of à la carte dish
- Gourmet bite
- Tea, coffee, herbal tea



Forget the stress of having a menu that respects everyone's restrictions and allergies.

In addition to our great flexibility and rigor, all our dishes are hypo-allergenic (gluten and dairy protein free) and our menus always offer at least one choice of meat, fish or vegetarian.

+ Loved by vegetarians and carnivores alike

+ Hypoallergenic menu





+ Extensive selection of organic wines and non-alcoholic beverages available à la carte.

PLANNER'S GUIDE

Meeting Packages

SPA EASTMAN

333 acres of possibilities

External Pavilions with Rooms

Main Pavilion

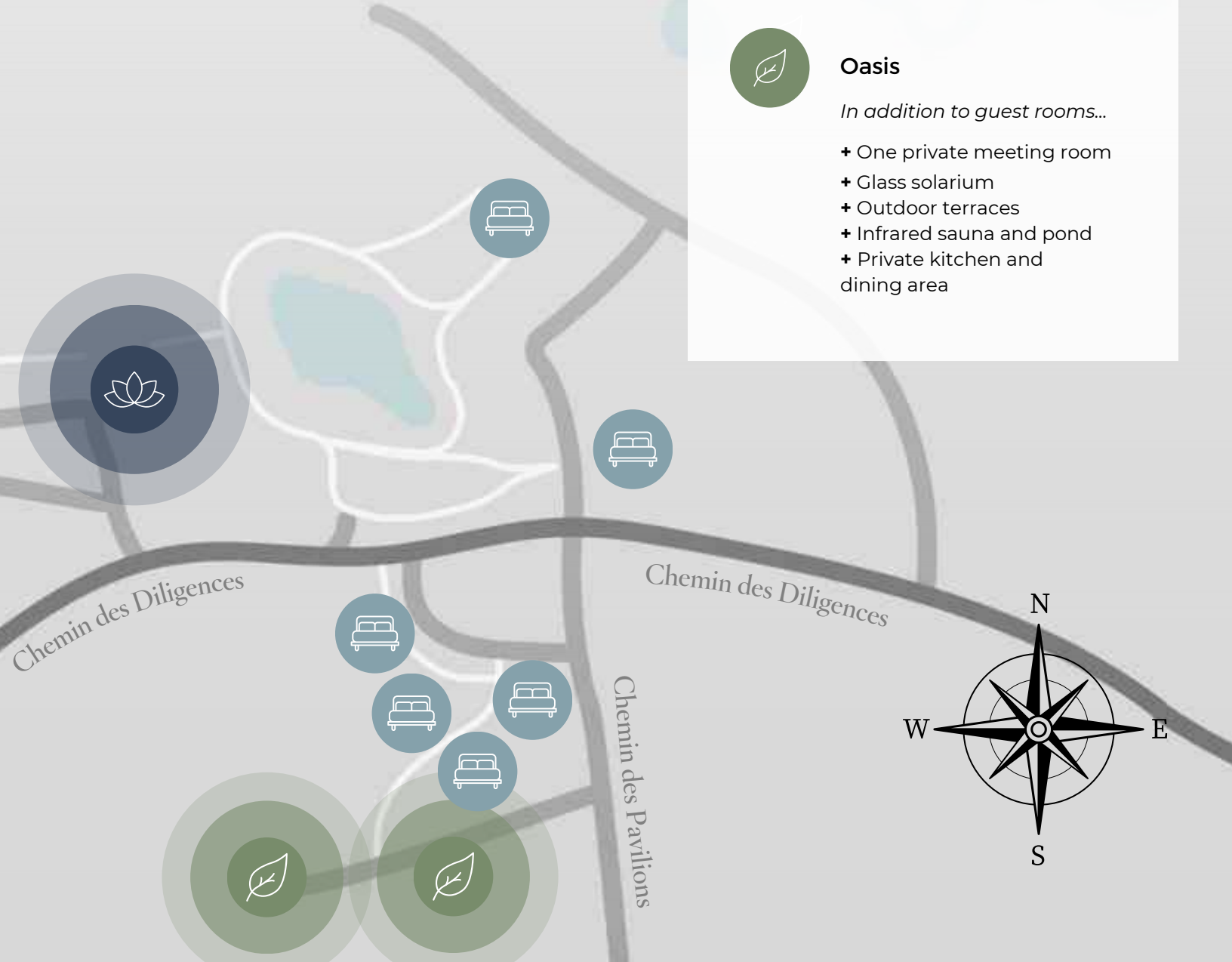
In addition to guest rooms...

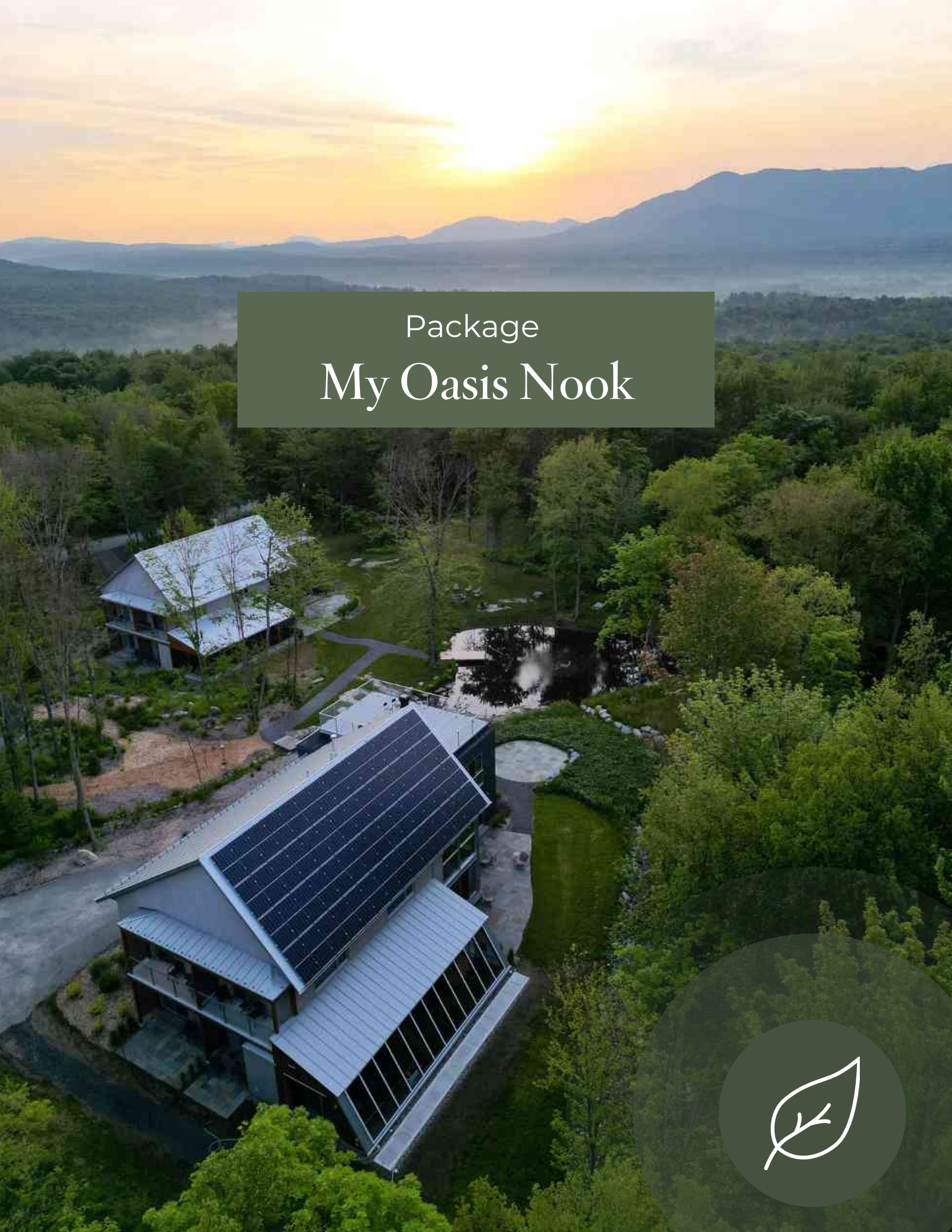
+ Two private meeting rooms
+ Restaurant
+ Gym
+ Thermotherapy facilities (including two large outdoor spas)

Oasis

In addition to guest rooms...

+ One private meeting room
+ Glass solarium
+ Outdoor terraces
+ Infrared sauna and pond
+ Private kitchen and dining area





Package

My Oasis Nook



Perfect for strategy sessions or executive retreats.

Group size: 6 to 24 people

Oasis pavilions provide a private environment, away from the main activities, yet close to all the services and amenities that Spa Eastman is renowned for.

Inclusions

- ✓ Exclusive rental of an Oasis pavilion with shared areas (terrace, solarium, lounge)
- ✓ Rental of fully-equipped multipurpose room within the Oasis pavilion
- ✓ Accommodation (6 rooms or more)
- ✓ Meals (3 Tonique Cuisine® meals per day)

+ Full Spa Eastman wellness experience

Unlimited access to thermotherapy facilities, gym, and 15 km of trails
Access to regular calendar of wellness conferences and workshops

À la carte options

- ✓ Catering service directly in Oasis pavilions for breakfast and lunch
- ✓ Private conferences and activities
- ✓ Over 70 treatments, massages, & consultations
- ✓ Access to a network of certified coaches to enrich your workshop programming

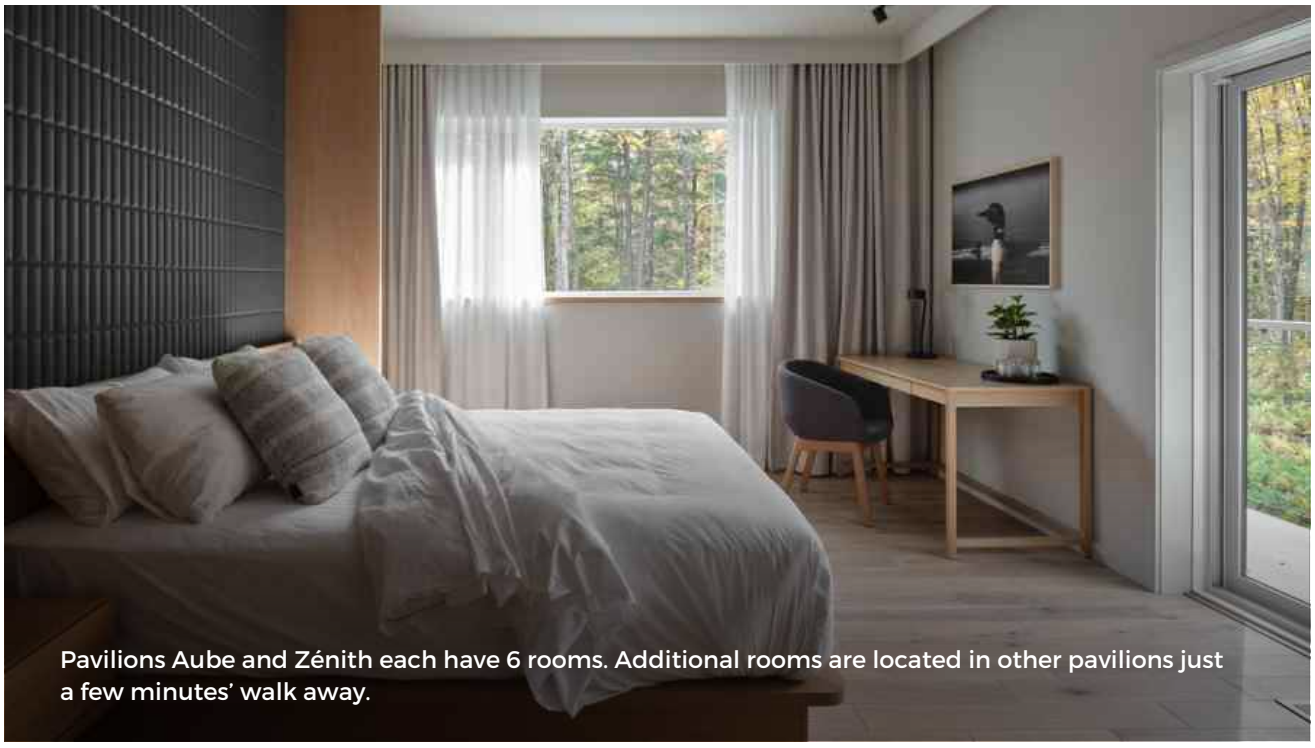
My Oasis Nook



All plumbing fixtures are selected for water efficiency.



Materials used are healthy, natural, and durable.



Pavilions Aube and Zénith each have 6 rooms. Additional rooms are located in other pavilions just a few minutes' walk away.

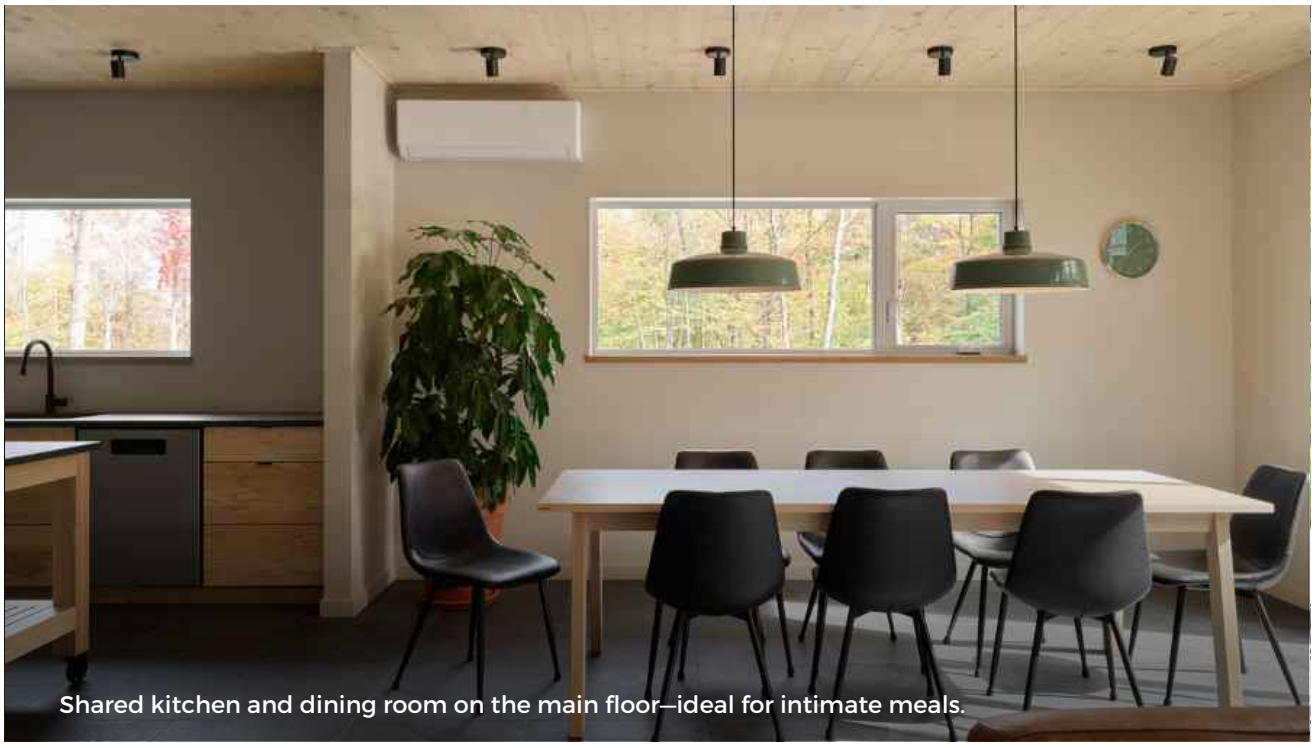
My Oasis Nook



Aube and Zenith pavilions include common areas, including an infrared sauna.

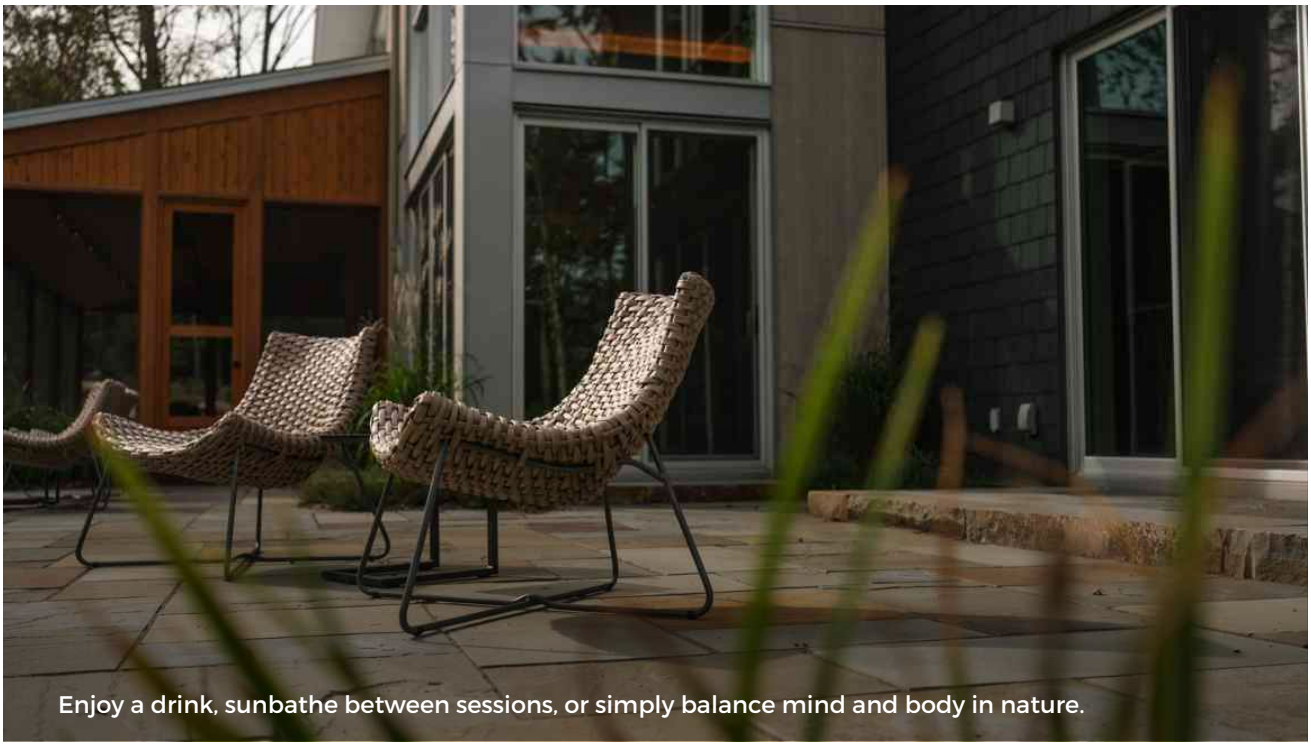


Glass solarium with wood-burning stove—perfect for a warm, natural atmosphere

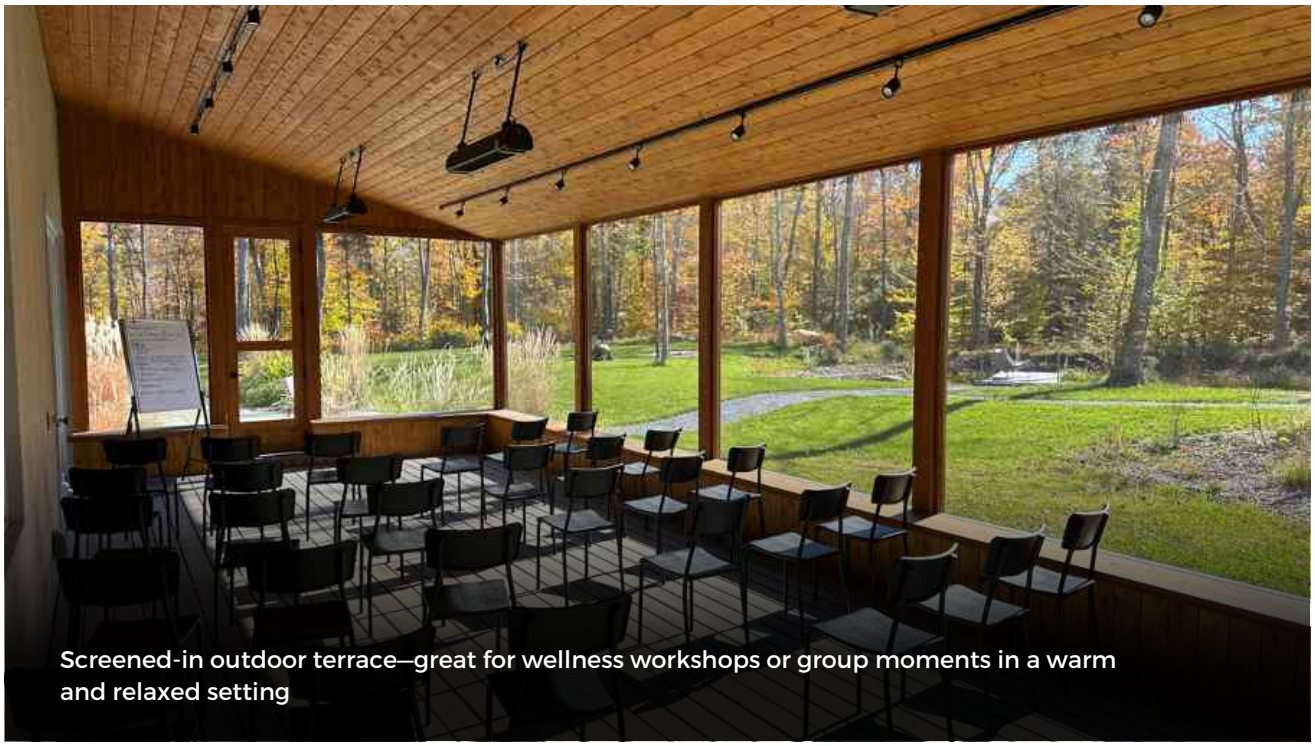


Shared kitchen and dining room on the main floor—ideal for intimate meals.

My Oasis Nook



Enjoy a drink, sunbathe between sessions, or simply balance mind and body in nature.



Screened-in outdoor terrace—great for wellness workshops or group moments in a warm and relaxed setting

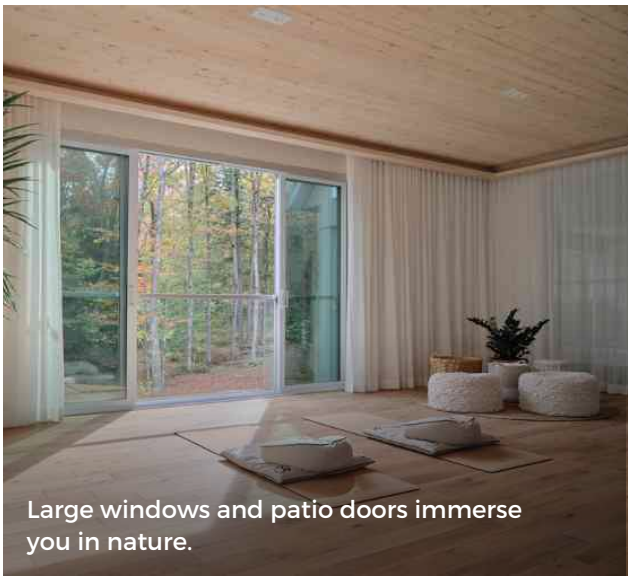
Multidisciplinary Rooms



Waridel and Dansereau rooms are located in the heart of the Aube and Zenith pavilions.



Audiovisual equipment for presentations and conferences.



Large windows and patio doors immerse you in nature.

Rooms	Dim.	Area	Classroom	Theatre	Conf.	U-shape
Waridel	20' x 30'	600 sq ft	30	50	24	24
Dansereau	23' x 30'	690 sq ft	30	50	24	24

My Oasis Nook



Multiple configurations available to suit your needs



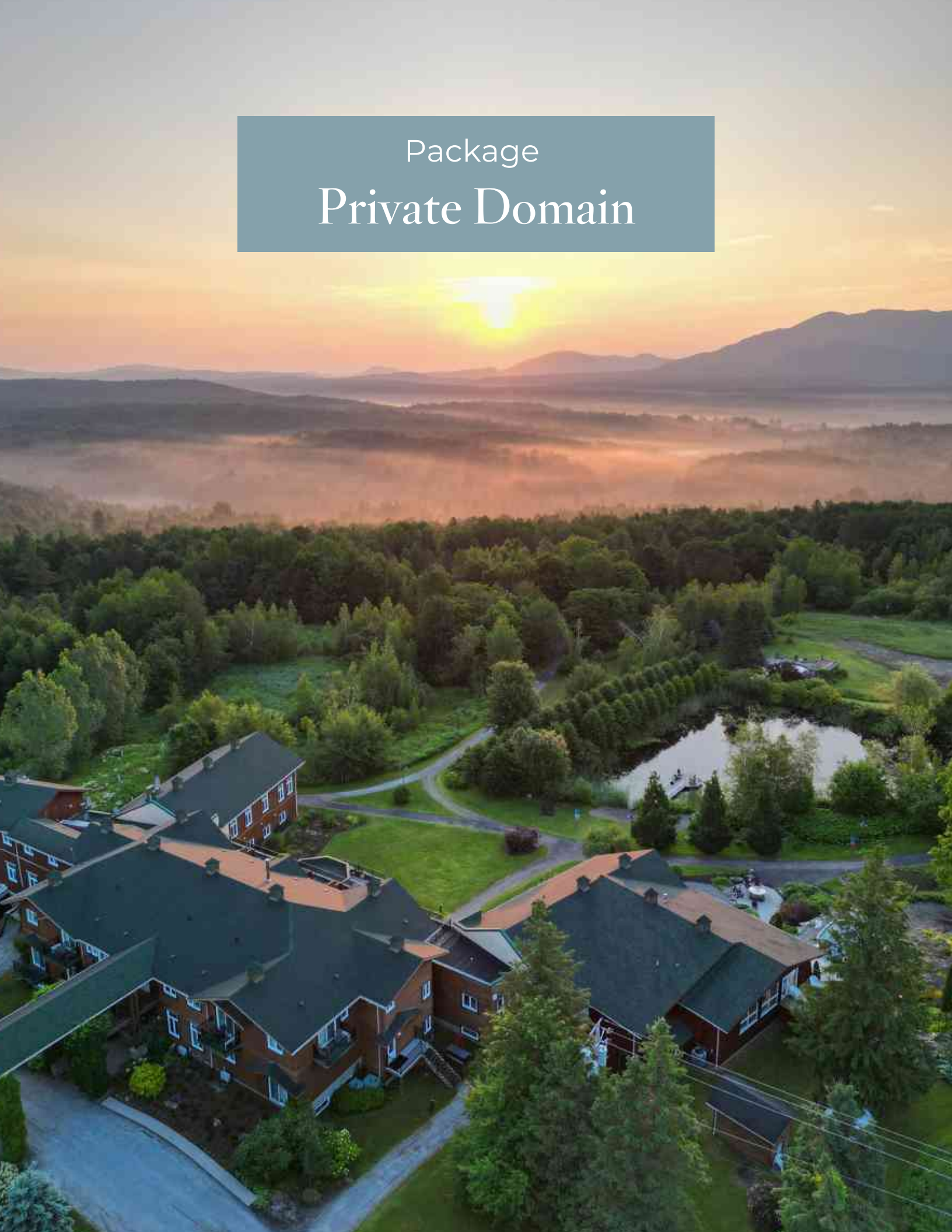
Tables and chairs at your disposal to configure the space



Spacious rooftop area ideal for group workshops and sunrise views over Mount Orford

7 Eco-Friendly Features of the Oasis Pavilions

- Active solar energy with 60 solar panels
- Timeless, clean design using carefully selected materials
- On-site food growing thanks to passive greenhouse
- Smart water management uses 60% less water than comparable buildings
- Greenhouse heat repurposed to warm buildings—reducing energy use by 80%
- High-performance wood stove for eco-friendly emergency heating
- Bioclimatic design—window placement based on sun orientation



Package

Private Domain

Private Domain



Ideal for corporate conferences and symposiums

Group size: Over 70 people

With over 68 rooms spread across 10 pavilions located within walking distance of each other, Spa Eastman is the perfect place to experience the benefits of reconnecting with nature while meeting your specific needs.

Inclusions may vary based on your agreement with Spa Eastman. Please contact us for more details.

Inclusions

- ✓ Exclusive rental of the 10 lodging pavilions and all facilities
- ✓ Rental of 4 fully-equipped multipurpose rooms
- ✓ Accommodation (68 rooms)
- ✓ Meals (3 Tonique Cuisine® meals per day)

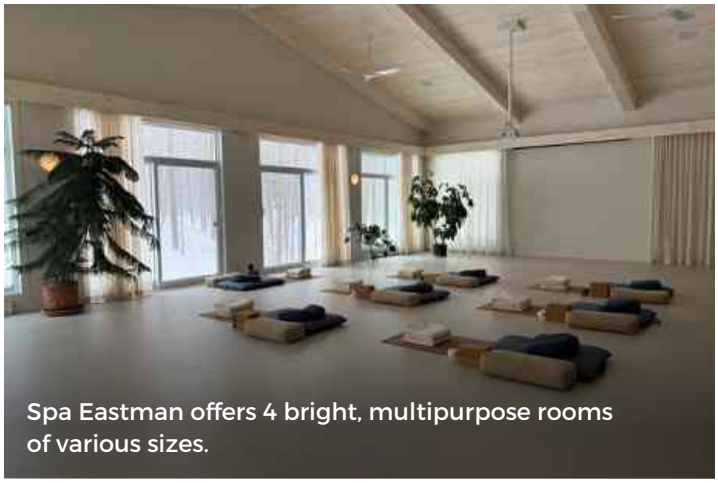
+ Full Spa Eastman wellness experience

Unlimited access to thermotherapy facilities, gym, and 15 km of trails
Access to regular calendar of wellness conferences and workshops

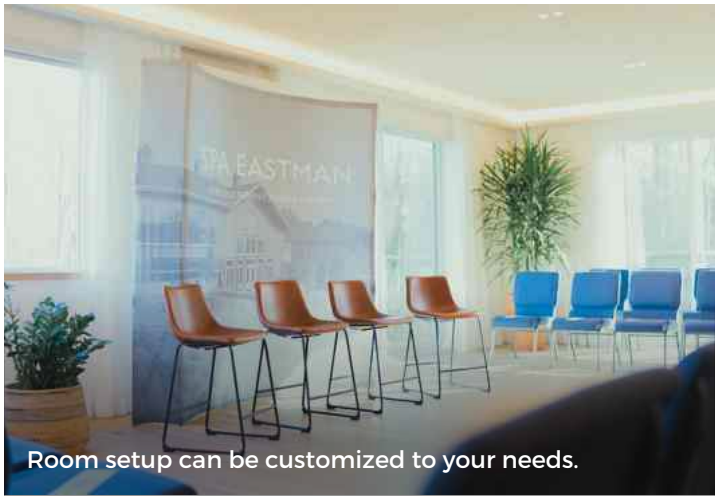
À la carte options

- ✓ Private conferences and activities
- ✓ Over 70 treatments, massages, and consultations
- ✓ Access to a network of certified coaches to enrich your workshop programming

Multidisciplinary Rooms



Spa Eastman offers 4 bright, multipurpose rooms of various sizes.



Room setup can be customized to your needs.



Ideal for splitting your group into smaller subgroups.

Rooms	Dim.	Area	Classroom	Theatre	Conf.	U-shape	Banquet
Lac Orford	42' x 26'	1092 sq ft	30	80	36	38	88
Lac d'Argent	28' x 35'	1005 sq ft	30	80	36	38	88
Waridel	20' x 30'	600 sq ft	30	50	24	24	-
Dansereau	23' x 30'	690 sq ft	30	50	24	24	-

Private Domain



A peaceful walk connects the external pavilions and main facilities.



10 lodging pavilions on 333 acres of pristine nature.



While all different, Spa Eastman rooms share one key feature: tranquility.

PLANNER'S GUIDE

A Glimpse of Your Retreat

SPA EASTMAN

	Day 1	Day 2	Day 3
6:30 AM to 7:30 AM		Energizing yoga	Morning workout
7:30 AM to 8:30 AM		Catered breakfast at Oasis	Catered breakfast at Oasis
9:00 AM to 12:00 PM		Group workshop	Closing workshop
12:00 PM to 1:00 PM		Catered lunch at Oasis	Catered lunch at Oasis
1:00 PM to 5:00 PM	Participant arrival and check-in	Group workshop	Departure and free time
5:00 PM to 7:00 PM	Welcome drink and introduction	Aperitif	
7:00 PM to 8:30 PM	Dinner at the restaurant	Dinner at the restaurant	
8:30 PM to 10:00 PM	Free evening	Free evening and campfire	



ANNEX

Wellness Activities à la Carte

Enhance your meeting schedule with custom wellness activities and conferences designed to support your team's personal well-being.

SPA EASTMAN



Price: $25 per person (minimum 10 participants)

Movement

D-TOX Circuit

The lymphatic system, which is responsible for freeing the body of toxins, needs support to function, and one of the best ways to stimulate it is through physical activity. This circuit workout, featuring the trampoline and Swiss ball, is the perfect way to activate your detox!

Pilates

Engaging in Pilates routines on a supportive mat cultivates a heightened sense of your body's inner workings, honing in on those deep-seated muscles. This newfound awareness empowers you to execute daily actions and physical endeavors with enhanced precision and grace, safeguarding against injury while fostering fluidity in motion.

Morning Workout

Join our group training sessions at the gym to master a variety of machines and bodyweight exercises. Designed in circuit format, each participant can tailor the intensity to match their fitness level and goals. These dynamic routines engage the entire body, fostering strength, endurance, and cardiovascular health.

HIIT (high intensity interval training)

Experience a dynamic training regimen structured around intervals of exertion and recovery, engaging every muscle group and joint in the process. Start with a thorough warm-up, segue into a 30-minute session pulsating with medium to high-intensity movements, and culminate with a soothing cool-down. Efficient yet impactful, it promises a condensed yet transformative workout experience.

Essentrics

Essentrics is a holistic training regimen centered on strengthening muscles through lengthening, fostering supple yet robust muscles and a harmonized muscle chain. Beyond mere aesthetics, this intelligent program nurtures inner well-being. Set to music, devoid of weights, it delivers an invigorating energy surge.

Mobility and reinforcement

Mobility combines strength, joint flexibility, and motor control, enhancing both physical and mental well-being. It empowers us to perform daily activities effortlessly and pain-free. This course aims to cultivate autonomy in managing physical challenges responsibly.

Relaxation

Self-massage with roller

Try a new kind of workout with these Styrofoam rollers designed to release muscular tension. You'll be supervised by our kinesiologist, who can adapt the exercises to your various contractures.

Muscle release with balls

These exercises, some of which require a tennis ball, are designed to relieve tension and promote greater awareness of breathing. They can be practiced at the office, in the car or at home. They make it easy to locate areas of tension, and to remedy them to avoid the build-up that leads to discomfort and pain.

Yoga

A gentle, flowing yoga session. Meditation and a sequence of movements coordinated with the breath to promote strength, flexibility and balance. The level of the session is always adapted to the people who come to the class. Accessible to all.

Qi Gong initiation

Come and discover and experience Qi Gong. After a brief theoretical presentation, this workshop will focus on the practical aspect. First, you'll experience relaxation of body and mind through a still practice that resembles a guided meditation. Next, we'll make a series of slow, flowing movements designed to replenish your energy reserves. These movements will help relieve tension in your back and shoulders, and reduce stiffness in your joints.

Guided stretching and relaxation

A stretching session designed to generate greater flexibility in the body. Take the time to slow down, to give yourself the space to listen to your body's needs, to breathe and to promote deep relaxation for body and mind.

Mental well-being

Science of happiness

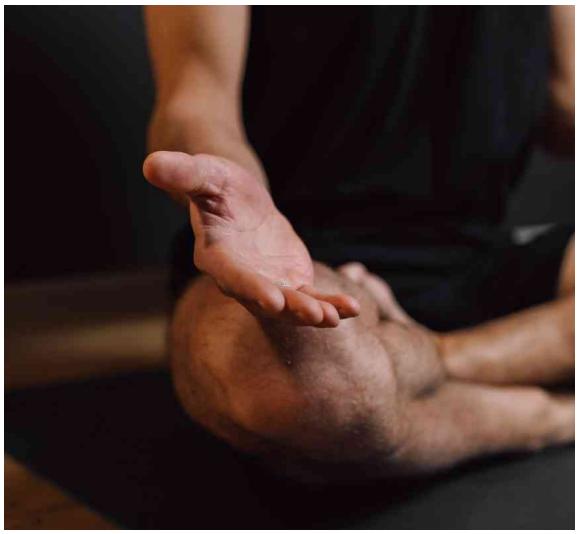
In the 70s, Dr. Candace Pert and her team discovered the molecules of emotion... The pharmacologist found that the cells of our immune system produce the same emotional molecules as our brain. Body and mind are therefore inseparable. In this lecture, find out more about this and the undeniable link between stress and disease.

The creative power of thoughts

Thoughts are energy. They are fuelled by our beliefs, both conscious and unconscious. They are the basis of everything we achieve, whether desired or apprehended... Positive or negative, they weave the course of our lives at every moment. We have the power to create our reality and develop a confident attitude. Feeling victimized, never again!

Applying the wisdom of the 4 Toltec Agreements

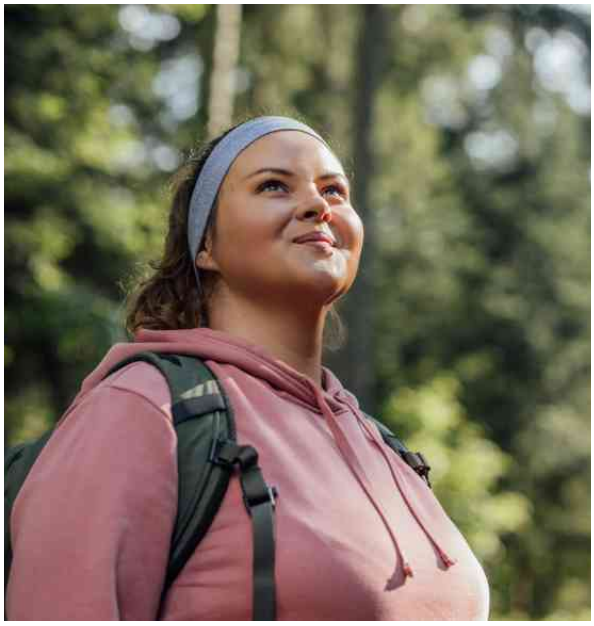
According to author Dom Miguel Ruiz, we have adopted ways of thinking and acting based on an adaptation to our surroundings. Instead of being ourselves, we become what our beliefs dictate, which leads to a great deal of suffering. Our lives can be transformed by what he calls the 4 Agreements: impeccable speech, stopping assumptions and projection, and personal commitment.



Nature

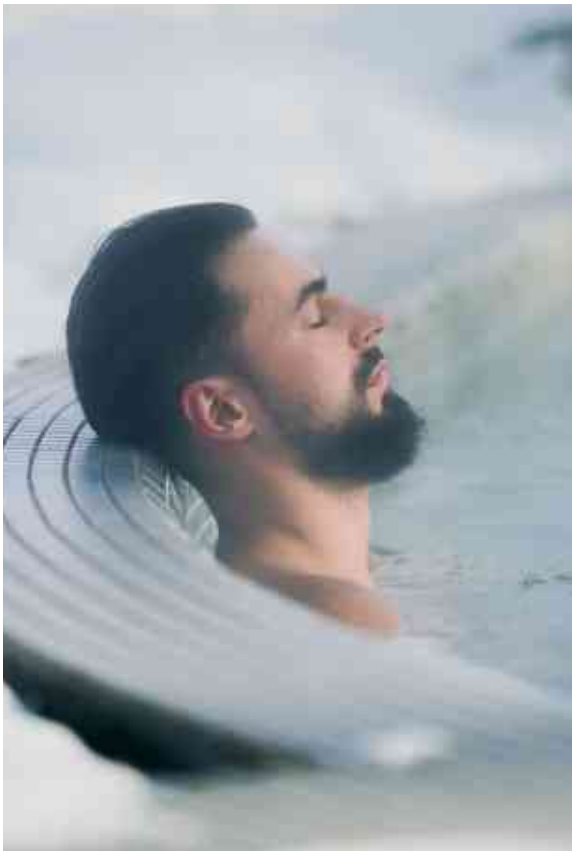
Nordic walk

Originally from Scandinavia, Nordic walking is an ideal all-season physical activity. It differs from traditional hiking by the use of poles, which encourages the contribution of the main muscle and joint groups. This physical activity, which is accessible to all, will enable you to discover Spa Eastman's magnificent trails.



Introduction to thermotherapy

Our guide invites you to explore the waters the European way and learn more about the benefits of alternating hot and cold on overall health with the Kneipp approach, among others. Beyond the pleasure and relaxation associated with Quebec's Nordic spas, this activity highlights the positive impact of thermotherapy on health and quality of life.



Stress management

Mindfulness as a stress management tool

Come and understand the effects of mindfulness practice on the brain and the various systems that make up the human body. Apply some of the principles of mindfulness to your daily life, so you can be more serene in the face of unpredictable external situations.

Introduction to EFT tapping

Discover and experiment with a quick, effective and lasting way to reduce your daily stress. You'll know exactly what to do to use it easily in your day-to-day life, so you'll feel less stressed!

Health and vitality

The body doesn't forget

This conference clearly expresses the impact of trauma on the traces it leaves in the body, memory and emotions. It combines neuroscience, clinical practice and reflection on illness, as well as on the possibilities of alleviating the symptoms of post-traumatic shock through somatic practices and the many tools available at Spa Eastman.

How to boost your energy level

In this lecture, discover the essential link between nature and our well-being. Nobel Prize winner Otto Warburg showed that the lack of oxygen in cancerous tissue hinders cellular energy production. Moreover, the sun's infrared rays organize the water in our cells, while direct contact with the earth acts as a powerful antioxidant, reducing body acidity.

Our discomforts speak to us

Like dreams, the physical body has its own language and messages to deliver. It speaks to us through various symptoms that can be perceived as a faithful mirror of our reality, both physical and inner. It is said that the body is the vehicle of the soul. Each unique soul has its own unique vehicle. Each of us is responsible for maintaining the health of our “vehicle”. In this workshop, we'll explore the metaphysical language of the different parts of the body, as well as the plausible inner messages delivered by our physical symptoms.

Taking charge of your back

A healthy back is not a luxury, but it's far from being a given for many people. Prevention as much as cure is becoming a necessity if we want to preserve our quality of life. Where do you start to take back responsibility for your back's health? What are the components of balanced posture? Discover a few tips for developing better back hygiene on a daily basis.

The 5 Tibetans, exercises to increase vitality

5 easy-to-learn exercises that stimulate and regulate the 7 chakras and endocrine glands that regulate our bodily functions. They stimulate the hormonal, immune, muscular and nervous systems, and increase vitality and emotional and mental balance. These exercises are recognized as a real fountain of youth!

The environment and our health

Our bodies are highly sensitive to the electromagnetic fields in our homes and cars. We know that cell phone waves can affect not only our brains, but also our blood, heart and central nervous system. Air quality in the city also has a direct impact on our health.

Nutrition

How silent inflammation affects our health

Silent inflammation is at the root of most health problems, including cancer and autoimmune diseases. Our diet and intestinal health play a key role in this process. Naturopathy offers us undeniable help in understanding and controlling silent inflammation.

Nourishing our microbiome: the key to health?

Good digestive health is your assurance of good absorption of nutrients from food. Today, we know that our intestinal microbiome is much more than a simple bacterial population: it is responsible for the strength of our immunity, the proper functioning of our metabolism and nervous system, the quality of our sleep, the modulation of our mood and much more...

Eating in mindfulness

Conscious eating means eating organically and harmoniously, without rigidity. Discovering why, what and how you eat is the key to making the right choices every day.

Mindfulness



Mindfulness meditation

Are you familiar with the mindfulness method? This relaxation technique can bring you many benefits, including: maximizing your physical and mental well-being; responding better to daily stressors; improving your attention and concentration; living deeply in the present moment; developing greater acceptance and kindness towards yourself and others.

We live as we breathe

This workshop is for those who want to become more aware of their breathing and voice. Using simple, effective and pictorial techniques, you'll learn to tap into the maximum energy our breath generates. The aim of the exercises is to transform the involuntary action of breathing into conscious, controlled breathing. You'll then be more focused and concentrated, and therefore more productive both at work and in everyday life. Many factors obstruct breathing: stress, emotions. Conscious breathing helps to manage both physical and emotional levels.

Living in the present, inhabiting your body full-time

We are becoming increasingly aware that we are responsible for our inner states. But how can we break out of our old, suffering conditioning and adopt new attitudes? Come and discover the keys to living in the present, and why it's vital to live in the here and now. Try out practical tips to stop stress and enjoy the present moment.

ANNEX

Catering Menu

During your corporate retreat at Spa Eastman, enjoy our private catering service for breakfast and lunch right in the Oasis pavilions.

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BREAKFAST

The Invigorating

Homemade cashew yogurt

·

Seasonal fresh fruit salad

·

Muffin of the day

·

Toast with creamy duck egg,
asparagus, and chives

·

Mexican guacamole

·

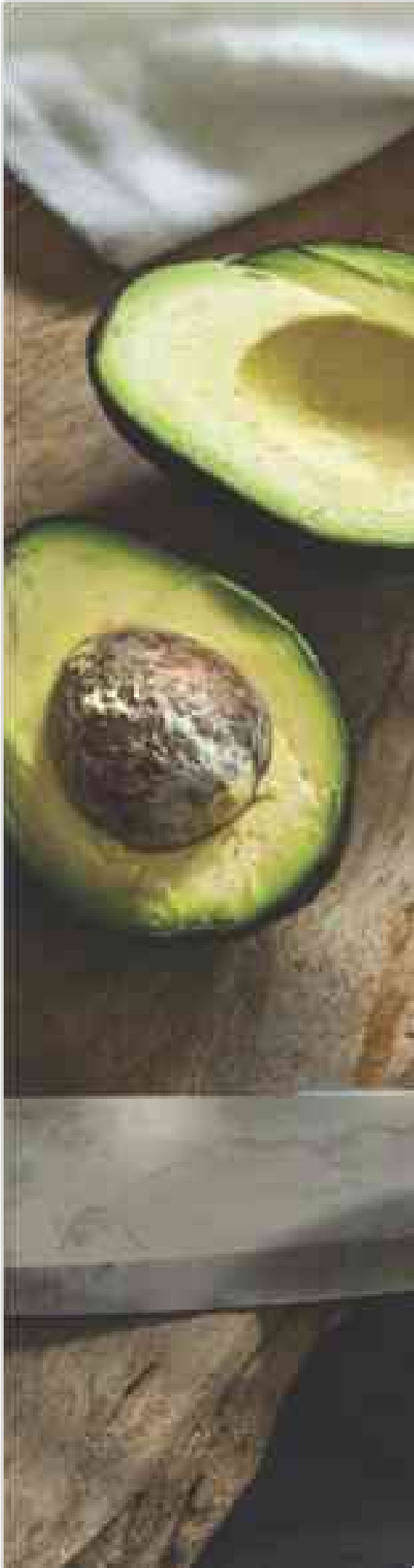
Toasted L'Angélique baguette

·

Coffee, tea, plant-based milks

34$
+ 12$ per person in the package

Contains allergens



BREAKFAST

The Energizing

Homemade cashew yogurt

•

Dried blueberry granola

•

Green smoothie

•

Deviled egg and
coconut bacon

•

Toasted L'Angélique baguette

•

Muffin of the day

•

Coffee, tea, plant-based milks

34$

+ 12$ per person in the package



Contains allergens



LUNCH
Healthy Bowl

Raw vegetable medley: carrot, cucumber, celery, bell pepper, daikon, fennel, edamame

.

Quinoa

.

Asian sesame condiment

.

Microgreens from our garden

.

Sesame, hemp, and pumpkin seeds

.

Coffee, tea, plant-based milks

Choice of protein*

Sprouted lentils

.

Ginger-marinated salmon cubes

40$

\+ $11 per person in the package

*Group of 19 or less | 1 choice of protein

*Group of 20 or more | 2 choices of protein

Contains allergens



LUNCH

Vitality Salad

Raw vegetable medley: carrot, cucumber, celery, bell pepper, daikon, fennel

·

Olives

·

Seasonal greens

·

Cashew basil pesto

·

Microgreens from our garden

·

Sesame, hemp, and pumpkin seeds

·

L'Angélique baguette

·

Coffee, tea, plant-based milks

Choice of protein*

Fennel-marinated chicken slices

·

Cajun-style tofu cubes

40$

+ $11 per person in the package

*Group of 19 or less | 1 choice of protein

*Group of 20 or more | 2 choices of protein

Contains allergens

SNACKS AND BEVERAGES

Healthy break
(price per person)

The Signature — **18$**
Cashew yogurt, fermented berries, muffin, coffee, tea, herbal tea

The Morning — **18$**
Muffins, fruit smoothie, nuts, sliced fruits, coffee, tea, herbal tea

The Gourmet — **14$**
Pastry verrine, Spa Eastman cookie, coffee, tea, herbal tea

The Craving — **12$**
Spa Eastman hazelnut cluster, golden milk, coffee, tea, herbal tea

The Salty — **20$**
Raw vegetables, dip, crackers, duck rillettes

À la carte
(price per person)

Whole fruits	**6.50$**
Cashew yogurt	**6$**
Fermented berries	**5$**
Muffin	**3$**
Sliced fruits	**8$**
Nuts bowl (80g)	**5$**
Pastry verrine	**6$**
Spa Eastman cookies	**3$**
Almond clusters	**3$**
Raw vegetables / dip	**7$**

Appetizers
(per unit, minimum 12)

Argentine shrimp ceviche	**5.50$**
Cashew cheese toast	**4.50$**
Classic mignonette oysters	**4.50$**
Dill & cucumber mignonette oysters	**4.50$**
Crackers and duck rillettes Stuffed cucumber with nut cheese, dill, Kalamata olives, pink peppercorn	**9$** **4$**
Sea rillettes toast with salmon roe, citrus zest, and chives	**5.50$**
Galloway beef tartare spoon with black garlic, anise seeds, and tarragon	**5.50$**

Beverages
(per unit)

No alcohol

Coffee, tea, infusions	**4.50$**
Cold-pressed orange juice (5 oz)	**6$**
Smoothie 5 oz	**7$**
Alcohol-free beer (L'Alchimiste)	**9$**
Smoothie jug 1L	**30$**
Golden milk jug 1L	**28$**

With alcohol

L'Alchimiste Beer (red, blond, white)	**9$**
House wine by the glass	**12$**
Cuvée Spa Eastman white (Bottle)	**45$**
Cuvée Spa Eastman red (Bottle)	**38$**

Contains allergens

** price before taxes and tips*

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When a leader has a cold, the whole organization coughs...

Jocelyna Dubuc



Contact

Sherbrooke : 30 minutes
Montreal : 1 hour
Quebec : 2 hours 30 minutes

895, chemin des Diligences
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