

## **Surrogacy in Canada Women's Retreat in Alberta**

**Canadian Fertility Consultants Announces 2026 Weekend Retreat in Partnership with Sacred Surrogacy in Pine Lake, Alberta**



**Toronto, Ontario Apr 2, 2026 ([IssueWire.com](https://www.issuewire.com))** - Canadian Fertility Consultants, in partnership with Sacred Surrogacy, is pleased to announce the first weekend-long retreat of 2026, taking place in the tranquil natural setting of Pine Lake, Alberta. This immersive gathering is designed to offer rest, connection, and rejuvenation for women through a thoughtfully curated weekend of wellness experiences.

The Pine Lake retreat will bring together participants in a supportive environment focused on community, reflection, and holistic well-being. The weekend will feature a variety of nurturing offerings, including massage, henna artistry, guided women's circles, and opportunities for meaningful connection in nature.

As part of the wellness programming, attendees will have access to sauna and cold plunge experiences provided by Thermaculture (<https://www.thermaculture.ca>). These optional sessions are designed for non-pregnant participants and offer restorative contrast therapy within a safe and guided environment.

Potential benefits of sauna and cold plunge for non-pregnant women include:

- Improved circulation
- Reduced stress and tension
- Muscle recovery and relaxation
- Enhanced mood and mental clarity
- Support for immune function
- Improved sleep quality
- Detoxification through sweating
- Increased energy and overall well-being

In addition to the Nordic-inspired wellness experience, the retreat will also include:

- Therapeutic massage sessions
- Henna artistry and body adornment
- Guided women's circle gatherings
- Mindfulness and intention-setting practices
- Nourishing meals and lakeside connection
- Time for rest and personal reflection

This weekend retreat reflects the shared commitment of Canadian Fertility Consultants and Sacred Surrogacy to create spaces that nurture women through meaningful connection, supportive community, and restorative experiences.

#### About Canadian Fertility Consultants

Canadian Fertility Consultants supports intended parents and surrogates across Canada, providing guidance, coordination, and compassionate care throughout the fertility journey.

#### About Sacred Surrogacy

Sacred Surrogacy creates retreats and supportive experiences that encourage connection, mindfulness, and community for people at all stages of their journeys.

For more information, retreat details, or media inquiries, please contact:

Canadian Fertility Consultants  
Leia Swanberg

Ph:905 269 7436

Email [leia@fertilityconsultants.ca](mailto:leia@fertilityconsultants.ca)



## **Media Contact**

Canadian Fertility Consultants

\*\*\*\*\*@fertilityconsultants.ca

6134398701

216 Chrislea Rd, Suite 403, Woodbridge, ON L4L 8S5

<http://fertilityconsultants.ca>

Source : Canadian Fertility Consultants

[See on IssueWire](#)