creating healthy communities

Wellness Experiences & Activities Guidebook









make wellness a priority

Along with a team of facilitators, Rebel Soul offers our community a chance to move, connect, and grow together with workshops that focus on movement, creativity, wellbeing, and connection – all while having fun!

Come and be a part of our experiences book, a group session today!



we work with

- youth groups and schools
- post-secondary institutions
- corporate staff teams
- health and wellness centres
- festival, conference, and special event organizers
- groups looking to bring their community together in a fun, healthy, and unique way
- groups in Timmins and surrounding communities

we offer

- facilitated wellness, movement, creative, and team-building workshops
- a variety of workshops that can offered in French or English
- workshops led d by our team of experienced facilitators
- workshop are fully insured
- inclusive and welcoming workshops
- venue rental service to help you find the best location



choose from a variety of workshops

yoga and movement experiences outdoor yoga experiences creative experiences self-leadership and team building retreats

- Traditional yoga focuses on restoring the nervous system - these classes can be customized for your group or office team
- Move A yoga-inspired movement class with energetic music. It's vibrant and fund. Perfect for youth groups, conferences, and special events/festivals.
- **Dance** Choose from partner salsa Latin dance or a self-expressive confidence-building guided dance workshop.

A guided outdoor **yoga and hiking or snow yoga experience** through the trails of the boreal forest. A perfect way to get the body moving while connecting in nature to reduce stress. Workshops can be held at Hersey Lake, Porcupine Ski Runners, or your location of choice.

Enhance creativity, confidence, and reducing anxiety our **macrame art, vision board, and improv workshops.** By cultivating teamwork and pushing against mental obstacles, these workshops can be a powerful tool to help us navigate the challenges of life.

Escape the daily grind and embark on a journey of connection, movement, collaboration, and rejuvenation with a transformational retreat experience.

Our **customized retreat**s are the perfect opportunity to unwind, strengthen relationships, develop self-leadership skills and enhance teamwork. Great for corporate staff teams and youth groups.

sylvie, head rebel

Yoga & Movement Specialist | Event Planner Retreat Leader | Outdoor Enthusiast

Sylvie invites you to explore your own path toward strength, flexibility, balance, creativity, and personal growth.

Rebel Soul's classes,
experiences, and retreats
are infused with a sense of
playfulness and
lightheartedness, creating
an environment where you
can explore your edges - all
while having fun

Over the past decade, Sylvie has expertly led and facilitated various workshops that foster community, movement, creativity, wellbeing, and connection.

Sylvie has over 15 years of personal yoga experience, coupled with 6 years of teaching knowledge. She specializes in yoga, mindful movement, outdoor yoga, and leading transformational retreats. Sylvie has also received training in the Art of Transformational Leadership and Facilitation.

Sylvie takes a trauma-informed and inclusive approach to leading classes and workshops.

Come and be a part of our experiences, book a group session today!



what people are saying about us



Carole Girard

Merci de nous encourager à nous dépasser tout en nous démontrant les modifications nécessaires. Je me sens respectée et bien accueillie avec Sylvie.

66

Michelle Mallioux

Sylvie's guidance is easy to follow. Sylvie comes prepared and goes over and beyond by adding some nice touches which really elevate the experience as a whole.

66

Kathy-Lynn Morrish

Rebel Soul activities are a relaxed and fun environment. The variety of classes are amazing and all the instructors are very friendly and welcoming, no matter your experience level.

"If you don't make time for your wellness, you will be forced to make time for your illness."

Joyce Sunada



contact sylvie@rebelsoul.ca for availability and quote