



Schedule

- Day 1** 5:30 – 6:30 pm
Meet and Greet
Dinner
- 6:30 pm – 9:00 pm
Seminar
- Day 2-4** 9:00 am – 9:45 am
Breakfast
- 10 am – 12:30 pm
Seminar
- 12:30 pm – 1:30 pm
Lunch
- 1:30 pm – 5:30 pm
Seminar
- 6:00 pm – 7:00 pm
Dinner
- Day 5** 8:15 am – 9:00 am
Breakfast
- 9:00 am – 12:00 pm
Seminar & Wrap Up
- 12:00-1:00 pm
Lunch (Optional)

*** There are also several small breaks throughout each day.**

DNRS 5-Day Neural Rehabilitation Program
Hockley Valley Resort
near Orangeville, Ontario
(1 hour north of Toronto Airport YYZ)

Sign up before our Early Bird
Deadline and save \$300

4 night accommodations
and meals included.

Limited seating.
This is a scent-free environment.

For dates and times, please
visit our website
retrainingthebrain.com

Hockley Valley Resort is nestled inside 300 acres of rolling hills in this Southern Ontario Community.

Located only an hour northwest of Toronto, this property's natural beauty is serene and relaxing – the perfect location to focus and practice on your recovery.

The region has been blessed with some of southern Ontario's most scenic landscapes,

winding roads through valleys and hills.

With majestic vistas, open fields, forests and lakes and rivers, there's so much to see and enjoy year round.





Accommodations

- 4 nights' accommodations included.
- Check in time: 4:00 pm on the day of the program. Check out time is 11 am on the last day of the program. Later checkout may be available.
- There are hardwood floors in the guest rooms reserved for DNRS participants.
- Bedrooms have balcony doors that open to fresh air and views that overlook the countryside.
- Rooms are cleaned with oxygenated water and no chemicals or deodorizers are used.
- All guest rooms and public areas are designated as non-smoking – this includes guest room balconies.
- Linens are washed with non-scented detergents. Feel free to bring along your own bedding if this is a concern for you.
- This is not a Wi-Fi free location. All rooms have access to wireless.

Additional Accommodations Notes

- Provided that there is room, non-participating companions may stay with their attendee for an additional cost. Non-participating companions may also have their meals with the group during the 5 days at an additional cost. Note all companions must follow our [Scent-Free Guidelines](#).
- On-site parking available.
- Amenities include indoor and outdoor saltwater pools, dry sauna, fitness room and a hot tub.



Meals

- All meals are included during your stay starting with the Meet and Greet dinner at 5:30 pm on the first day of the program and ending with optional lunch on the last day at noon.
- All meals include meat and vegetarian options.
- Your culinary experience will be defined by the Hockley Valley Resort farm-to-table philosophy. Food is prepared using only the freshest ingredients from the Resort's four-acre fruit and vegetable garden, seasonal preserves, and fare from local farmers and suppliers.
- Menu sample appears on the last page of this document.
- The kitchen staff is very skilled with catering to food sensitivities.
- All participants (and companions who choose to have their meals along with the group) will be required to complete a Dietary Request Form closer to the date of the program.
- Non-participating companions may have their meals with the group providing that they also follow our [Scent-Free Guidelines](#).

Additional Notes

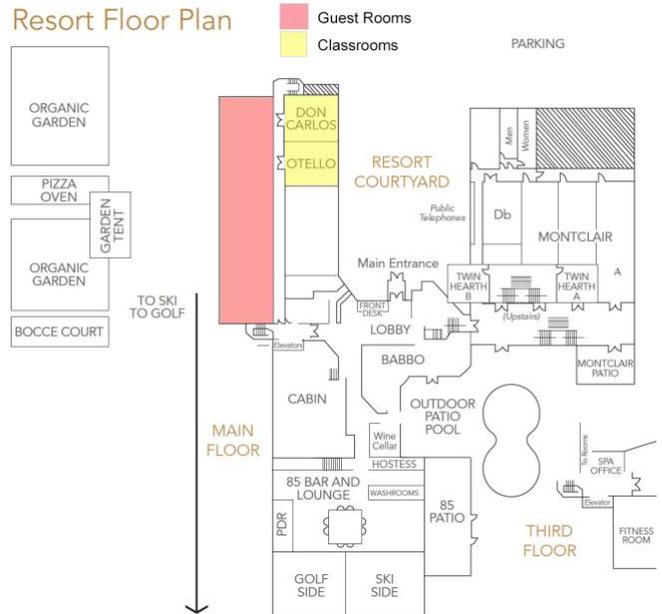
- The organic fruit and vegetable garden at Hockley Valley Resort provides 80 per cent of all menu ingredients. Spanning four acres, the garden helps to reduce our carbon footprint, increase guest satisfaction, and enriching our property's aesthetic.

Getting There

- The secluded Hockley Valley Resort is located in Mono Ontario Canada, near Orangeville. Address: 793522 3rd Line EHS, Mono Ont. L9W 5X7
- Closest airports are Toronto Pearson International (YYZ) a one-hour drive, and Billy Bishop Toronto City Airport (BBTCA) a 90 minute drive.
- Shuttle Transportation from Toronto Pearson International Airport to the resort is provided by Grey Bruce Airbus www.greybruceairbus.com \$75 CAD return. Shuttle pick-up from Hockley Valley to the airport on the last day of the program is at 3:15 pm. Therefore if you are booking your return flight home the same day from Toronto Pearson, it is recommended to choose a departure time no earlier than 6 pm for domestic flights or 7 pm for international flights.



Resort Map



- The Don Carlos/Otello room (the meeting space) has carpeting that is 5 years old and is off-gassed. They do not use chemical cleaners on their carpets. The meeting room has a private entrance/exit and access to fresh air.

Additional Notes

- At DNRS we endeavor to create a healthy learning environment for all. However, we cannot guarantee that each venue will be suitable for everyone due to circumstances beyond our control. If this is a great concern for you, we would recommend that you purchase the DVD along with personalized coaching to ensure that you are on the right track to recovery.

What Others Are Saying About the DNRS In-Person Program

"The program is amazing! This is the best experience of my life!" – Marshall

"Seeing the difference in myself and others from the first day until the end was amazing!" – Korie

"This is an amazing program that many more people should take advantage of. It is easy to follow and understand. The course instructors were very passionate and inspirational. The class feels like a new family" - Patti

"I was nervous and the instructors quickly created an atmosphere that was conducive to trust, caring and learning. They are truly inspirational. The program was informative, but fun - it engaged me fully! I had a break-through every day!" – Dana

"The instructors were amazing - so genuine and inspiring. The last evening here was like a party! It is so life changing! Thank you so much!" - Diana

"This course is life changing! Loved the group dynamic and instructors" – Codey

"I didn't want this to end! It was an amazing trip!" – Paul

"Instructors were wonderful! I couldn't imagine anyone more kind, positive and caring!" - Mary

"Your story is encouraging. You are a living example that wellness is possible. Being in a group was so helpful. We gave strength and encouragement to each other. I didn't feel so alone. Thank you from the bottom of my heart. Please come back." – Julia

"Darn you're good! Great combination of "seriousness" and play. One of the best investments I have ever made!" – Cheryl

"Such an immense privilege to be part of the program under the teaching of 2 remarkable women. Thank you!" - Laurie

"The course instructors had awesome energy and knowledge. They genuinely 'get' us and care. Made it easy to relax. This was such a positive experience. Well worth the investment" – Vivian

"I am really impressed by the way this program has been formulated — how you seemed to know just how far to push us. The mixture of fun, education, practice and interaction is perfect. Prior to attending the program I had not left my house for 9 years, so this goes beyond incredible!" - Graece

"I don't want to go home!" – Jane

"This is beyond what I expected! You demonstrated a way of being and interacting that inspires me. Thank you!" - Joan

"This course saved my life. I am not having back pain at night. I have a clearer mind. I sleep better and am more energetic. I don't react to smells like I used to. I feel like I've been born again." - Carmen

"I wish I had found you years ago, but I'm just happy I have found you now. Thank you for the amazing gift you've given me this week of recapturing my life back!" - Geri

"This program is invaluable. I am so grateful to have found out about this. I love the sense of connection and community" - Leslie

"My improvement after five days is beyond my wildest hopes and dreams!" - Lille

"A huge improvement in energy and a huge decrease in pain! Thank you so much! You've saved my life!" - Denna

"This is the answer to getting back to living life!" - Wendy

[Click here to register for DNRS at Hockley Valley](#)

A maximum of only 20 - 30 participants will be accepted.

Sign up before the Early Bird Deadline and save!

Prices are in USD

Menu Samples

Room: 85 Private Room Time: 9:00 am- 9:4

Restaurant 85 Breakfast Buffet (18)

Fresh Fruit: sliced and whole fruit selections, preserved peaches
 House-made Granola: rolled oats, roasted nuts, dried cranberries, local honey
 From our Baker's: danish and croissants, assorted muffins, breakfast loaves, bagels, variety of breads, assorted preserves, whipped butter
 Smoked Salmon: house-smoked salmon, whipped cream cheese, capers, red onions
 Cheeses: sliced cheeses, cottage cheese, marinated tomatoes
 Cereal and Yogurt: variety of cereal, daily hot cereal, house-stirred yogurt
 Hot selections: daily potato, scrambled eggs, daily sweet griddled item, bacon
 Juice: selection of chilled fruit juices
 Coffee/Tea

Diet Restrictions (1)
 ENSURE GLUTEN FREE OPTIONS
 Separate sheet provided

Please note: Although we always do our best to accommodate, we can never guarantee as we do source many of our ingredients from outside suppliers

Room: Don Carlos Refreshment Time: 11:00 am-11:1

Morning Refreshment Bar (18)

Locally roasted Sense Appeal Organic coffee
 Assorted Tea
 Baker's Board: assorted muffins or croissants or breakfast pastries
 Whole Fruit: daily selection

Diet Restrictions (1)
 SEE DIETARY NEEDS
 ENSURE GLUTEN FREE OPTIONS
 NO SALSA OR STRONG SMELLING BREAK ITEMS - ie: GARLIC

Please note: Although we always do our best to accommodate, we can never guarantee as we do source many of our ingredients from outside suppliers

Room: 85 Private Room Time: 12:30 pm- 1:3

Restaurant 85 Corporate Lunch (18)

Regional and Locally Inspired Lunch Buffet driven by the season, the region and changes daily.
 The menu features local artisan and house-baked spirit tree breads, and a selection of regional cheeses and charcuterie, daily tapenades and spreads with crostini
 Daily composed seasonal salads, salad greens with a variety of vinaigrettes and garnishes
 and chilled vegetable platters
 A variety of sandwiches and one hot entree feature, soups offered when in season.
 Daily desserts & seasonal fruit
 Sense Appeal Organic coffee and tea, infused water and soft drinks.

Room: Don Carlos Refreshment Time: 3:00 pm- 3:15 p

Afternoon Refreshment Bar (18)

Locally Roasted Sense Appeal Organic Coffee
 Assorted Tea

Baker's Board: assorted pound cake or scones or cinnamon buns or house-cookies or squares
 Savory Baked Item: daily savory baked item
 Whole Fruit: daily selection
 Assorted Soft Drinks

Diet Restrictions (1)
 SEE DIETARY NEEDS
 ENSURE GLUTEN FREE OPTIONS
 NO SALSA OR STRONG SMELLING BREAK ITEMS - ie: GARLIC

Please note: Although we always do our best to accommodate, we can never guarantee as we do source many of our ingredients from outside suppliers

Room: 85 Private Room Time: 6:00 pm- 7:30 p

Menu Notes - Restaurant 85 (18)

Chef's Choice Buffet
 Offered inclusive in the package

Diet Restrictions - ensure detailed labelling
 ENSURE GLUTEN FREE OPTIONS
 Separate sheet provided

ATTN - group has scent & chemical sensitivities
 HVR Resort Staff to refrain from wearing perfumes or colognes during group's visit
 Flowers removed from public spaces, front desk & restaurant tables that affect the group.
 GROUP BRINGS OWN SCENT FREE SOAP FOR PUBLIC WASHROOMS
 As our soap is natural/chemical free - but has a natural fragrance.
 FIREPLACE IN LOBBY TO BE OFF DURING THE ENTIRE WEEK April 18- 4pm - 23rd -4pm
 FIREPLACES IN 85 TO REMAIN OFF AS WELL DURING GROUPS MEALS
 **Group has been permitted to bring own bottled water - as we have chlorine in our tap water*

Room: 85 Private Room Time: 6:00 pm- 7:00

Menu Notes - Restaurant 85 (18)

GROUP ONLY HAS 1 HOUR FOR DINNER

Chef's Choice Buffet
 Offered inclusive in the package

To Start
 Local Artisan Bread Basket: baguettes, artisan bread and butter
 Selection of Garden Lettuces: Tender lettuce leaves from the region (When in season), trio of vinaigrettes
 with sliced cucumber, shredded carrots and marinated tomatoes
 Chef's Composed Salad

Entrees:
 Carving board: dry-aged Headwaters top sirloin, peppercorn jus, horseradish, artisan mustard
 Sides: sauteed, or steamed or roasted seasonal Headwaters vegetables, whipped potatoes with fresh herbs
 Gluten Free Vegetable Pasta

Chef's Dessert Feature
 Fresh fruit salad

Locally Roasted Sense Appeal Organic Coffee
 Tea Service

Diet Restrictions (1)
 ENSURE GLUTEN FREE OPTIONS
 Separate sheet provided

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