

**BC's premiere oceanfront hotel offers guests  
a chance to recharge their body and mind with second annual Wellness Weekend  
Jan. 31 to Feb. 2, 2020 at the Oak Bay Beach Hotel**

February 25, 2019, Victoria BC - Following a relaxing, rejuvenating, and rewarding Wellness Weekend this past February 2019, The Oak Bay Beach Hotel is thrilled to announce their second annual Wellness Weekend taking place on January 31 to February 2, 2020.

Individuals seeking a renewal of mind, body, and spirit may enjoy a fully immersive and life-changing experience by attending this retreat focused on your personal well-being.

Led by Catherine Roscoe Barr, BSc Neuroscience, wellness coach, and founder of *The Life Delicious*, the weekend retreat will lead participants through five in-depth modules on Mindset, Movement, Nutrition, Sleep and Connection, amidst the inspirational and sophisticated surroundings of the Oak Bay Beach Hotel.

"This retreat will give attendees an opportunity to step away from the busyness of their lives and into a space where they can refocus on themselves," says Barr. "They will have space to create transformation and move toward lifelong self-nurturing health."

The Wellness Weekend is scheduled for January 31 to February 2, 2020, and is available to book now by visiting [www.thelifedelicious.com](http://www.thelifedelicious.com). Special early booking discounts will be available as of September 15, 2019.

"We are excited to partner with *The Life Delicious* again to offer this unparalleled wellness retreat," says Oak Bay Beach Hotel General Manager Michelle Le Sage. "Our hotel and spa provide an idyllic sanctuary in which to fully indulge body and mind within a program of this caliber."

Designed to recharge and revitalize, the three-day retreat will be an enthusiastic exploration into stress management, positive psychology, self-care, sleep hygiene, and physical activity. Guests will enjoy a full complement of services and amenities, including: two nights' luxurious accommodation, nutritious meals, guided exercise, lectures and discussions, oceanfront spa, and peaceful personal time - while creating a personalized action plan to guarantee a life filled with vitality.

Guests may choose to extend their stay (pre-or post-weekend) for a special rate of \$199 per night, for up to three days. To book additional nights, call 1-800-668-7758 to speak with our in-house reservations.

**About the Oak Bay Beach Hotel**

Nestled on the shores of the Pacific Ocean near Victoria, BC, the Oak Bay Beach Hotel overlooks the Salish Sea and offers breathtaking ocean views of snow-capped Mount Baker in the distance. Just minutes away from quaint boutique shops, cafes, and galleries of Oak Bay Village, the hotel is a worthy legacy to its renowned predecessor and features world-class services such as seaside mineral baths and fine dining. Our well-appointed guest rooms and suites offer complimentary parking and Wi-Fi during each stay. Let us provide the perfect vantage point from which to experience the best of the Pacific Northwest. [www.oakbaybeachhotel.com](http://www.oakbaybeachhotel.com).

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**Media contact:**

Anneke Feuermann

Marketing Coordinator

250-940-0314 | 1-800-668-7758

[marketing@oakbaybeachhotel.com](mailto:marketing@oakbaybeachhotel.com)

[www.oakbaybeachhotel.com](http://www.oakbaybeachhotel.com)