



Destination Workshop — Honduras 2027

Frequently Asked Questions from our Live Q&A Session

We hosted a live Q&A to answer the questions our community has been asking about the Full-Immersion Nutrition Workshop in Roatán. We've gathered the highlights here so you can find what you need at a glance — and feel confident about joining us.

The Destination & Dates

Where does the workshop take place?

We're headed to Roatán, an island just off mainland Honduras, known for its calm private bay, coral reef, and laid-back island pace — the perfect backdrop for a week of focused self-care.

What are the dates?

We depart on February 22, 2027 and return March 1, 2027 — seven nights, fully immersive.

How do we get there?

A direct flight connects Montreal to Roatán, and we can arrange group bus transportation from Ottawa to Montreal so no one has to worry about airport parking. Joining from outside Ottawa or Montreal? Our travel partner, Isabelle Ouellette of Affordable Luxury Travel, will help you find the best routing from wherever you're starting.

Pricing & Booking

What's included in the price?

\$3,500 CAD per person (double occupancy), covering your workshop experience, flights, all-inclusive resort stay, meals, and drinks. It splits into two parts: \$1,225 for the workshop experience and \$2,275 for the all-inclusive travel package.

Is that price guaranteed?

Our reserved room block and this pricing are protected only through September 29, 2026 — after that, rates may change, so early registration is the best way to lock it in.

How does booking actually work?

It's a two-step process: you register and pay for the workshop portion directly with One Whole Life, then you're connected with Isabelle to book your travel package. If travel arrangements can't be completed on our end, your workshop fee is fully refunded — you're only charged if you're able to participate.

Can I upgrade my room?

Yes. Pricing is based on two people sharing a room, but ocean-view rooms and single-occupancy stays are both available for an additional fee.

Is there a minimum or maximum group size?

We're capping the group at 30 participants and need a minimum of 10 confirmed to run the workshop. If we don't reach the minimum, every reservation is fully refunded — no risk in registering early.

Any way to save a little more?

Guests open to sharing feedback after the workshop (to help us shape future sessions) may receive an additional discount — just ask about it when you register.

What to Expect Each Day

What does a typical day look like?

Think full immersion, roughly 7 a.m. to 10 p.m.: morning movement, breakfast, a focused nutrition learning session (four to six hours), dinner, and a restorative evening practice — with a little reflection homework woven in most nights before bed.

What will we actually learn?

The week builds in stages — reconnecting with your own body and habits, understanding your unique nutritional needs, separating real health limitations from perceived ones, and finally building a personalized, achievable action plan you'll leave with. We're keeping the session-by-session details as a surprise — but every day moves you a little further.

Is it all sitting and note-taking?

Not at all. Expect an interactive, on-your-feet learning style with guided movement and group exercises mixed in — the kind of day that goes by fast.

Do we get any downtime?

One full free day is built in for rest, the spa, or simply enjoying the resort at your own pace — you'll have earned it.

Yoga, Movement & Rest

Will there be yoga every day?

Yes — a certified yoga and breathwork practitioner will lead a morning session and an evening wind-down practice each day, weather permitting, ideally right on the beach (with a covered backup space if needed).

What's the evening practice like?

It's designed to help you unwind and support better sleep, including a guided sound-supported relaxation. We're keeping the full details close for now — it's one of the parts of the day guests talk about most.

Do I need to bring my own yoga mat?

No need — we've partnered with a Canadian, eco-conscious yoga mat company to provide sustainable cork mats as a welcome gift for every participant.

Good to Know

Is this a "retreat"?

We call it a destination workshop rather than a retreat — a distinction that matters for travel-industry reasons — but it delivers the same fully immersive, restorative experience you'd expect.

Is there an age limit?

There's no strict age limit, but the nutrition curriculum is designed for an engaged, hands-on adult learning experience — we'd recommend participants be teens or older to get the full benefit.

What if I have mobility considerations or dietary needs?

Just let us know when you register. We'll be sending out a short intake form so we can plan around any needs well ahead of arrival.

Who do I contact with more questions?

Reach out any time at nutrition@onewholelife.ca — for travel-specific questions, Isabelle at Affordable Luxury Travel is also happy to help.