



TERRAMOR

OUTDOOR RESORT // BAR HARBOR

EMBER & ELEMENT

A Wellness Retreat

MAY 29—JUNE 1, 2026

Welcome

ARRIVE AT TERRAMOR

AND BE WELCOMED WITH A

COMPLIMENTARY KOMBUCHA.

VISIT THE OUTFITTERS DESK IN

THE LODGE TO SIGN UP FOR THE

WEEKEND'S ACTIVITIES.

MAY 29—NIGHT 1, EVENING

LIVE MUSIC: Amy Love

6:00 PM-8:00 PM

NOCTURNAL ADAPTATIONS & STARGAZING MAINE OUTDOOR SCHOOL

8:20 PM-9:20 PM—Pavilion

Learn about Maine's night sky and nocturnal life with our special guests, Maine Outdoor School. Warm up with complimentary hot cocoa and tea.

MAY 30—DAY 2

NATURE ART HOUR MAINE OUTDOOR SCHOOL

10:00 AM-11:00 AM—Garden

Find your creativity and connect with the natural world during this relaxed art session hosted by Haley Estabrook, a registered Maine Guide from Maine Outdoor School.

CANDLE MAKING, TERRAMOR OUTFITTER

1:00 PM—Pavilion

Bring the scents of Terramor home with you as you create your very own, unique candle. Supplies and scents provided.

INTERMEDIATE MOUNTAIN BIKING, DANIELLE SWEET

1:00 PM - 4:00 PM—Acadia National Park

Join influencer @nature_nourished for a 20-mile looped guided ride through Acadia's carriage roads, featuring scenic views of Eagle Lake and Jordan Pond. Designed to be approachable yet energizing, with crushed-stone trails and steady rolling terrain. *Limited to 16 riders. Bike rentals available for an additional fee.*

BEE CHAT, TERRAMOR'S BEEKEEPER

4:00 PM—Lodge

Learn about the habits and lifecycles of Terramor's honey bees and the importance these tiny beings have on the environment. Honey cocktails and mocktails to follow.

YIN YOGA & REIKI, JESSICA ROSE LANTOS

7:00 PM—Pavilion

This deeply restorative session combines long-held postures with hands-on energy healing to support physical and emotional release.

SUNSET HIKE, TERRAMOR OUTFITTER

6:30 PM-9:30 PM—Acadia National Park

End the day on a trail immersed in nature's beauty. Summit Bald Mountain on this 2.7 mile hike to enjoy the breathtaking views of Acadia National Park. *Additional fee. Limited to 15 hikers.*





TERRAMOR

OUTDOOR RESORT // BAR HARBOR

EMBER & ELEMENT

A Wellness Retreat

As our Wellness Retreat comes to a close, we wanted to say “Thank You” for trusting, showing up and sharing the beautiful space of Terramor with us. It was our pleasure to host you and we hope to see you again in the near future!

—The Terramor Team

Contact Us:
(207) 288-7500
1453 ME-102, Bar Harbor, ME 04609

Interested in our upcoming wellness events?
Subscribe to: info@terramoroutdoorresort.com

  @TERRAMORRESORT

MAY 31—DAY 3

SALTWATER IMMERSION, TERRAMOR OUTFITTER

7:00 AM—Acadia National Park

Wake up with nature during this immersive saltwater plunge. Start the day refreshed and anew on the beaches of Acadia. Limited participation. *Additional fee required.*

MORNING GRAVEL GLOW, DANIELLE SWEET

8:00 AM—Pavilion

Learn to be comfortable on a bike while in nature on this relaxed 2-mile loop. This gentle morning spin through the resort is designed to wake up the body and ease into the day. *Bike rentals available for an additional fee.*

VOICES OF MDI

1:00 PM—Pavilion

A fireside-style storytelling experience sharing the history and cultural narratives of Mount Desert Island through Native perspectives.

TAP. SCULPT. REPEAT., SHAZIE SENEN

4:00 PM—Pavilion

Release, recharge and reconnect with a beat-driven yoga sculpt class blending strength, cardio and mindfulness. Yoga mats and materials provided.

FIRE RELEASE CEREMONY

8:00 PM—Pavilion

Gather around the fire to let go of what no longer serves you. This closing ceremony invites you to symbolically release stress, doubt and heaviness – watching them transform in the flames as you step lighter into what's next.

JUNE 1—DAY 4

SUNRISE HIKE, TERRAMOR OUTFITTER

2:30 AM - 7:30 AM—Cadillac Mountain

Be one of the first to see the sunrise over North America. This hike starts under the stars and ends in the morning glory. Limited spots available. *Additional fee required.*

JOURNALING, SHAZIE SENEN

8:00 AM—Garden

A guided journaling session combined with EFT tapping to gently surface what is ready to be acknowledged, released or reignited. This session invites you to slow down and be deeply anchored within your body. Terramor journals provided.

