



INTENTION WELLNESS GETAWAY RETURNS FOR 2026

Program showcases Greater Victoria's extensive wellness offering in early January

VICTORIA, B.C. (December 15, 2025) - As the new year approaches, Destination Greater Victoria is pleased to announce the return of Intention Wellness Getaway, a series of activities and events to help people prioritize their health and wellness as they start 2026.

Intention runs January 5-18, 2026. Participants can tailor an itinerary that is perfect for them from a collection of health and wellness activities, events, and treatments. The program is more than a wellness retreat; it's an opportunity to take part in an engaging speaker series, cooking classes, guided wellness sessions, unique hotel stays, and more.

"The offerings for this year's program are exceptional, and there really is something for everyone – and that's important since we all approach and define wellness a little differently," says Jodi Westbury, VP of Marketing Communications at Destination Greater Victoria. "Intention Wellness Getaway shines a light on the local businesses that are showing leadership in Greater Victoria's authentic and rich wellness sector."

To learn about the full suite of offerings, visit the Intention Wellness Getaway [website](https://www.tourismvictoria.com/intention-wellness-getaway) at <https://www.tourismvictoria.com/intention-wellness-getaway>. Explore the full range of offerings, book accommodations, and curate your personalized wellness experiences, or give the gift of self-care and personal growth with an Intention retreat. Bookings are available just in time for the holidays.

About Destination Greater Victoria: Destination Greater Victoria (Greater Victoria Visitors and Convention Bureau) is our region's official, not-for-profit destination marketing and management organization working in partnership with approximately 950 businesses and municipalities in Greater Victoria. For more information, visit the Destination Greater Victoria [website](#).

Photos: Available for download [here](#).

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INTENTION PROGRAM HIGHLIGHTS

The Happiness Equation: Science-Backed Habits to Cultivate Positive Mindset

Join Neil Pasricha, author of international bestselling book, *The Happiness Equation* and learn how it's possible to use specific research-backed tools and practices to cultivate a habit-based, positive mindset every day. Learn more [here](#).

When: January 8, 2026, 6:00 - 8:30 p.m.

Where: Victoria Conference Centre Theatre, 720 Douglas St., Victoria, B.C.

***Made With Intention* Wellness Market**

The *Made With Intention* Wellness Market is a curated market celebrating wellness, mindfulness, and community connection on South Vancouver Island. This market highlights the creativity and care of local makers, practitioners, and businesses who inspire balance, rejuvenation, and intentional living. Vendors will showcase:

- Holistic health and healing
- Mindfulness and movement
- Natural beauty and skincare
- Nutrition and wellness foods
- Artisan goods and lifestyle
- Mental wellness and coaching
- Eco and sustainable living
- Workshops and experiences

When: January 10, 2026, 10:00 a.m. – 4:00 p.m.

Where: Parkside Hotel & Spa, 810 Humboldt St. Victoria, B.C.

Entry: \$5 entry fee, which also entitles attendees to enter for a chance to win special prizing.