

HOST YOUR EVENT OR RETREAT

SAUNA CAMP WORKS WITH ORGANIZATIONS, BUSINESS OWNERS AND INFLUENCERS TO BE A RETREAT VENUE FOR THEIR IMPORTANT EVENTS

Along with our signature sauna and cold plunge experience on the lake shores of a 103-acre summer camp, we have access to high-quality facilities and wellness facilitators who host a variety of activities to enrich your group experience.

Together, we co-design the perfect healthy lifestyle event that is sure to promote both physical and mental relaxation, setting the stage for meaningful conversations and lasting bonds for your whole group.



FACILITATOR ADD-ONS AVAILABLE

- Sauna & natural cold plunge
- Wood-fired Catering
- Yoga
- Breathwork
- Sound Healing
- Archery
- Axe Throwing
- Ice Fishing

FACILITIES VIRTUAL TOUR

- Newly built dining hall
- 30-person bunk house lodging on site

[CLICK
HERE](#)

SAMPLE EVENT SCHEDULE

- | | |
|---|--|
| 2 pm Check in & socialize at Dining Hall | 6 pm - Change & shower |
| 2:30 pm - Introductory speeches | 6:30 pm - Catered dinner inside |
| 3 pm - Guided breathwork & keynote | 7 pm - Sound Healing/Yoga |
| 4 pm - Sauna & Cold Plunge (2 Hours) | 8 pm - Closing remarks |

TO BOOK YOUR EVENT OR RETREAT

612-260-2460

info@saunacamps.com



EVENTS

INFORMATION AND PRICING 2024-2025

HALF-DAY EVENT/RETREAT

\$2000+

Covers a 2-hour fully private session at Sauna Camp all to yourselves for up to 70 people. There's a \$2,000 minimum (covers first 25 people), and an additional \$55/person after that.

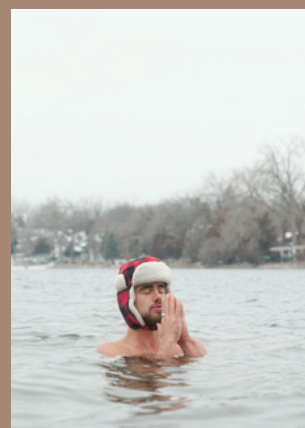
Includes full access to all eight of our saunas, the cold plunge ice holes, as well as our welcoming sauna guides who are ready to assist and inform sauna-goers to ensure the best possible experience for each person.



GUIDED BREATHWORK + HOLISTIC HEALING

\$1500+

With the help of Dr. Mel Krug, we will design a custom 0-3 hour wellness session that is sure to cut straight to the heart of your event or retreat and create a meaningful experience for all. This includes transformational guided breathwork, keynotes on nervous system regulation, "embodied leadership", and contrast therapy.



YOGA

\$1000+

Center yourself with a yoga session in the dining hall with our professional yoga teachers focused on movement, presence, gratitude, health, and mental wellness.



PHOTOGRAPHY/VIDEOGRAPHY

\$1200+

Capture your group's experience and share it with the world by using our on-site professional photographer and videographer. Use the products for internal usage, social media, marketing, and much more!



LOOKING FOR A SMALLER EVENT?

We offer bookable private saunas during our normal business hours for smaller groups. Each comes with our standard 2-hour sauna and cold plunge session in your very own private space.

6-PERSON PRIVATE SAUNA

\$349

8-PERSON PRIVATE SAUNA

\$449

10-PERSON PRIVATE SAUNA

\$549

15-PERSON PRIVATE SAUNA

\$799

20-PERSON PRIVATE SAUNA

\$999



TO BOOK A PRIVATE SAUNA,
CLICK HERE



ON-SITE FACILITIES

COMMUNITY & DINING HALL (ABOVE)

\$3000 / 6 HOURS

At Camp Fire, the beautiful new dining hall is perfect central hub for any event. Rental includes partial access to a commercial kitchen, chairs, tables, restrooms and showers, AV and more.

LODGING

\$1000/NIGHT (30-PERSON MAX)

While there is a more rustic on-site heated cabin available at Camp Fire, we also have many local Airbnbs (24 Person Capacity) & Hotel partners who we have negotiated special rates with.

CATERING

\$1700+

Enjoy our local food vendors with customizable bites and healthy meals provided for your guests to fully round out their body-centered experience. \$1700 minimum (covers up to 25) & \$55 for each additional attendee

ARCHERY

\$5 PER PERSON PER HOUR

On-site archery is provided by Camp Fire staff and is a fun side activity for your guests to try something new. Challenge yourself and learn a skill with new friends.

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Sauna Camp
MINNESOTA

