

Nordic Warrior Goddess believes Osoyoos can become health and wellness mecca of Canada

BY KEITH LACEY
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Mari-Ann Drevvatne says she has made the permanent move to Osoyoos because she believes this community has the people, facilities and passion to become “the health and wellness mecca of Canada.”

Drevvatne knows a thing or two about the importance of health, wellness and fitness as she’s a former nationally-ranked body builder, former national archery champion in her native Norway and an accredited recreation director, personal trainer, nutrition and food expert.

Her mission in the next several months is not only to establish and promote her new business – Nordic Warrior Goddess – here in Osoyoos, but also to work with local hotels, motels and business owners to try and establish Osoyoos as a mecca for health,

fitness and wellness, said Drevvatne.

“I feel I have a calling to be here in Osoyoos,” said Drevvatne, who has lived in Canada for the past 20 years after growing up in southern Norway. “I bought property up on Anarchist Mountain eight years ago and I’ve been coming here since then, but I decided to make the permanent move last November because I want to establish my business in Osoyoos.

“I happen to think Osoyoos is going to become the health and wellness mecca for Canada in the next few years and I wanted to be a big part of that.”

There are more than two dozen large hotels that sit pretty much empty from late fall until late spring and she has a vision of setting up health and fitness programs that she’s confident will attract visitors from across the province and Canada and eventually other



Photo supplied
Mari-Ann Drevvatne, owner of Nordic Warrior Goddess, said her mission is to do everything she can to help turn Osoyoos into the health and wellness mecca of Canada in the next couple of years. Her business is opening its inaugural Adventure Boot Camp, starting next Monday, April 23, at the Walnut Beach Resort.

countries.

“I have a background not only in recreation, but in working on major cruise lines organizing corporate and fitness retreats,” she said. “If done properly, we could have our empty hotels packed with people wanting to come to Osoyoos to get whipped into shape, while enjoying our beautiful weather and amazing amenities.”

On a more personal note, Nordic Warrior Goddess is kicking off its inaugural Adventure Boot Camp at the Walnut Beach Resort starting Monday, April 23. Those who register will train under Drevvatne’s watchful eye four days a week – Monday to Thursday – for five weeks. The boot camp will include weight training, cardiovascular workouts, obstacle course, manual resistance, plyometrics, bungee and medicine ball training, pilates, speed, agility, quickness

and flexibility training.

“Everyone will experience different exercises each and every day, targeting all the different muscle groups during the week,” she said. “I will meet with each client individually to set up a workout and nutrition regimen and once the boot camp begins, no one will be left behind.

“Offering all this in a resort atmosphere only adds to the experience with an emphasis on awakening the mind, body, spirit and teaching my clients how to eat, how to train and how to change lifestyles.”

Drevvatne’s father was a sailor in Norway, so she grew up sailing on ships from a very young age and started working in fitness and health promotion on major cruise-lines as a teenager.

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BOOT CAMP
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