



## *Wellness Through Balance Retreat Program*

### *Friday May 3, 2019*

- **9:00am-2:00pm** Massage available

for day pass and full weekend participants -please call to book- at extra cost

- **2:30pm** Check in for day pass participants

- **3:00pm** Yoga class - all levels welcome

Offering a safe and welcoming environment to explore yoga's many benefits, class includes breath work and meditation, warm ups, poses to increase strength, flexibility and balance, and relaxation techniques

- **5:00pm** Come make your own mocktails

Mocktails, an abbreviation for "mock cocktails", are festive, non-alcoholic party drinks made with fruit juices, syrups, cream, herbs and spices.

- **6:00pm** Delicious And Healthy Dinner prepared by our private chef

BEET GREEN PESTO PASTA WITH ZUCCHINI AND CHICKPEAS  
BAKED SALMON MEDITERRANEAN BOWL WITH QUINOA AND TZATZIKI

- **7:00pm** Nutrition Seminar with handouts

Traditional diets are patterns of eating inspired by the rich culinary histories of cuisines around the globe. Traditional ways of eating are the ideal guide to good food and good health as evidenced by both the healthiness and longevity of those that practiced it.

Traditional diets are a delicious roadmap to healthy eating. Rather than relying on highly processed foods that are stripped of their nutrients, flavor, and even calories,

traditional diets celebrate the abundance of earth's offerings, highlighting seasonal and regional produce, hearty recipes, and the pleasures of the table.

We will learn about the Mediterranean Diet in this seminar - one of the most studied traditional diets of the world