



## *Wellness Through Balance Retreat Program*

*Sunday May 5, 2019*

- **9:00am** Check in for day pass participants

- **9:30am** Morning Yoga all levels welcome

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

- **11:00am** Aromatherapy Workshop

Aromatherapy is a fascinating alternative medicine that involves the use of volatile plant materials, also known as essential oils that can be aromatically inhaled by patients with a wide variety of health conditions. It is often utilized to relieve anxiety and depression, boost energy levels, speed up the healing process, cure headaches, boost cognition, induce sleep, strengthen the immune system, reduce pain, improve digestion, and increase circulation.

- **12:00 - 4pm** Individual sessions with healing practitioners

aromatherapist and massage therapist- extra cost-please call ahead to book

- **12:00pm** Delicious and Healthy Lunch

- **1:00-3pm** Girls Day Out Hair and Makeup Party

Incredibly fun "runway" style party with The Estate's Partner - Blo Blow Dry Bar of Connecticut, New York And Boston- Come gather in our glamorous spa suites and learn about makeup and hairstyles best for you!

- **3:30pm** Final Gathering