



Wellness Through Balance Retreat Program

May 3-5, 2019

Day 1- Friday

- **11:00am-1:00pm** Checkin (Lunch available)
- **11:00am-2:00pm** Spa Offerings
- **3:00pm** Yoga class
- **5:00pm** Introductions at the Gathering Room with make your own mocktails
- **6:00pm** Delicious And Healthy Dinner prepared by our private chef
- **7:30pm** Sound Healing a profound experience with singing bowls

Day 2- Saturday

- **8:00-9:00am** Juice bar in the Gathering Room
- **9:30am** Morning Yoga
- **11:30am** Nutrition Seminar with handouts
- **12:30pm** Delicious and Healthy Lunch

Precious recharging time to:

- ❖ Take a relaxing hike on our Greenway Trail.
 - ❖ Pamper yourself with a spa offering.
 - ❖ Meditate under our 100 year old oak.
 - ❖ Relax on the front porches with a book.
 - ❖ Relax in any one of our lounges.
 - ❖ Enjoy visiting our local artist villages, wineries, breweries, farms, covered bridge, state parks.
-

- **6:30pm** Cooking class in our beautiful custom caterer kitchen with our wonderful chef.
- Enjoy preparing and eating the food with your newfound friends!
- **9:30pm** Enjoy relaxing around our firepit

Day 3- Sunday

- **8:00-9:00am** Juice Bar/Gathering Room
- **9:30am** Morning Yoga
- **11:00am** Aromatherapy Workshop
- **12:00 - 3pm** Individual sessions with healing practitioner (pay practitioner directly)
- **1:00pm** Delicious and Healthy Lunch
- **1:30-3pm** Surprise Fun Offering to send you home in style
- **3:00pm** Gathering for closing thoughts and Checkout