

Lighten Up with Us

A Celebration of the Spring Equinox **March 20-22, 2020**

TO REFRESH HEALTH AND WELLNESS



Friday March 20, 2020 tentative schedule

4:00 Your room is guaranteed for arrival

6:00-7:00 Aromatherapy relaxation yoga with Nadia – Main Hall

7:15-7:30 Welcome Session/Orientation-Main Dining Room

7:30-8:30 Meatless-Seasonal Fare with Vegetarian Dining Options

8:30 Creative Program – Workshop with Stephanie S Bello

Saturday March 21, 2020

7:30-Fresh fruit, yogurts, coffee & herbal teas available in the Mainhouse Lobby

8:00-9:00 Yoga Class – Warm Up Gentle Flow Yoga with Nina – Main Hall

9:00-10:00 Breakfast - Gluten free alternatives will be available

10:15-12:15 SPA OPEN- Please sign up for session

11:15-12:30 Nature Qigong with Martha Cheo – cultivating energy for health, maintenance and vitality

12:30-1:30 Lunch - organic healthy choices - nutrient dense whole foods

2:00-4:30 SPA OPEN

2:00-3:30 Meditation Hike to Green Pool or Waterfalls -meet in front of Main House

4:30-5:30 Healthy Happy Hour - seasonal healthy detox fruits & green smoothies - Library

5:30-7:30 SPA OPEN

5:30-6:30 Restorative Yoga with Lisa B - Main Hall

7:30-8:30 Farm to Table Dinner- seasonal eating menu

9:00-10:30 Evening Creative Session: Introduction to the Art of Pysanky - Lesia K

Sunday March 22, 2020

8:00-Fresh fruit, yogurts, coffee & herbal teas available in the Mainhouse Lobby

8:30-9:30 "Rise and Spine" Yoga – with Stephanie Bello- Main Hall

8:30-10:30 SPA OPEN

9:30 Liturgy

10:00 - 11:30 Brunch

Price for 2 nights double occupancy, 5 delicious meals, all activities: \$ 250 + tax double occupancy

Single occupancy \$300 + tax. Please sign up in advance. Mainhouse rooms book quickly.

Body work, massage therapy, apitherapy, reiki, reflexology, private yoga sessions, other healing sessions available by appointment. (Please sign up in advance).



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