



Saturday, January 6, 2024

Theme: Getting Grounded with New Intentions

Morning Practice: Detox Flow at 10:30 am with Chris

Start the morning with a slow and grounding 60-minute vinyasa flow. This flow will include postures and breathwork to encourage opening the heart. We will move and breathe with gratitude in mind. Wear comfortable clothes you can move in and bring water. Cool peppermint towels and props will be provided.

Trail Time

Three miles of recreation trails are available for your self-guided hikes.

Lunch

A \$25 per person voucher is included for lunch on your own at Bistro Polaris, located on-site.

Wine Tasting

A complimentary wine-tasting voucher is yours to enjoy between yoga sessions or following the 3:00 pm practice.

Afternoon Practice: Wine Down Restorative at 3:00 pm with Tarah

Take an intentional break in your afternoon to wind down and restore. This 60-minute restorative class will focus on holding poses for several minutes to give the body and mind the space to relax and renew. This practice is a perfect time to pause during the weekend and bring awareness back to gratitude. Warm lavender-infused towels and necessary props to support you in the poses will be provided. Wear comfortable clothing.

