



**Saturday, March 16, 2024**

**Theme: Spring Renewal/ Energize/Change**

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

Start the morning with an energizing 60-minute vinyasa flow. This flow will include postures and breathwork to wake up the physical and emotional body. We will move and breathe to renew the body, mind, and spirit. 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 Beka**

Take a pause midday to wind down and restore before going into your evening activities. This class will focus on holding poses for several minutes to give the body and mind the space to relax and renew. This practice is perfect for resting and finding fresh beginnings in the pauses. Wear comfortable clothing. Warm lavender-infused towels and props will be provided.

