



Saturday, February 10, 2024

Theme: Love and Connection

Morning Practice: Couples/Partner Dynamic Yoga at 10:30 am led by Chris

Join Chris for a couple's yoga class! Your partner can be your spouse, significant other, family member, or friend. Wear comfortable clothing and be ready to have some fun. No yoga experience is necessary. Cool peppermint-infused towels 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: Couples/Partner Mindful Meditation and Restorative Yoga at 3:00 pm led by Beka

Join Beka for a restorative couple practice. Take time with your partner to slow down and connect on the mat. This practice will be about love, abundance, and relaxation. (A partner is not necessary, as we show love, connection, and gratitude to ourselves.) Wear comfortable clothing. Warm lavender-infused towels and props will be provided.

