



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.

