

TIME TO NAMASTE



Weekend Wellness - Retreat Agenda Celebrating the Beauty of a Woman's Spirit

Friday, May 11

- 4 p.m. Resort Check-in at Lodge & Spa | Welcome Gift
- 5-5:30 p.m. Wine Down Social | Welcome | Introductions
(located in Spa Relaxation Lounge - Lodge & Spa Lower Level)
*please bring your journal to 1st Session
- 5:30 p.m. Bell Call (follow your Instructor)
- 5:30-6:30 p.m. Setting Intentions through Mindful Journaling | Decompress through Yoga Nidra
(located in the Yoga Studio in Lodge & Spa Fitness Center)

Saturday, May 12

- 9-10 a.m. 30 min Band Workout | 30 min Yoga Stretch Therapy | Hatha Yoga
(Yoga studio - unless notified otherwise by your Instructor)
*Band Workout (no experience necessary)
- 10-10:30 a.m. 30 minute Nutrition Education Q&A
- 10:30 a.m. Free Time - Explore all that Callaway has to offer (golf, spa, visit the Day Butterfly Center, Callaway Discovery Center, Birds of Prey Show, TreeTop Adventure, bike rental, walking trails)

Sunday, May 13

- 9-10 a.m. Journal Discussion | Self Love & Filling Your Soul & Spirit Cup Meditation Practice
- 10 a.m. Hugs & See you later
- 11 a.m. Resort Check out

Special Notes:

- *Mats, Straps, Bands, Blocks & Blankets are provided for Guests.*
- *Depending on the number of Guests in a Session, Sessions may move to a larger room for the comfort of all Guests. Your instructor will advise you of this change.*
- *Drop in's are always welcome and must check in with Spa Reservations Team no later than 1 hour prior to Session start time in order to join any Session.*