

Wellness Weekend + Yoga Retreat



CALLAWAY

- WELLNESS -

Take care of your number one asset - YOU! Join us in January or any of the 2019 Wellness Weekends.

Schedule of Events

Rejuvenation Immersion Wellness Retreat



Friday, January 18

4 p.m. Resort Check-in at Lodge & Spa | Welcome Gift

5-5:30 p.m. Wine Down Social | Welcome | Introductions
(Spa Relaxation Lounge - Lodge & Spa Lower Level)

5:30 p.m. Bell Call (follow your instructor)

5:30-6:30 p.m. Setting Intentions through Immersion |
Decompression Yoga
(Yoga Studio in Lodge & Spa Fitness Center)

Saturday, January 19

9-10 a.m. 30 min Band Workout | 30 min Yoga Stretch
Therapy

(Yoga studio - unless notified otherwise by your instructor)
*Band Workout (no experience necessary)

10-10:30 a.m. 30 min Nutrition Education Q&A

10:30 a.m. Free Time

Your day is YOURS to explore all that Callaway Resort & Gardens has to offer.

Sunday, January 20

9-10 a.m. Journal Discussion | Self Love & Letting Go
Meditation Practice

10 a.m. Hugs & See you later

11 a.m. Resort Check out

Save The Date

January 18-20

Rejuvenation Immersion

April 26-28

Mind Cleanse

June 7-9

Spirit Senses & Self Enrichment

September 20-22

Life In Balance

For more information or to book your Retreat Package visit callawaygardens.com/wellness or call 877-435-9037

Resort & Gardens

@callawaygardens

