



Spirit Senses & Self Enrichment Wellness Retreat June 7-9, 2019

This multi-day retreat is designed for each guest to dive deep into a self immersion weekend of scent, sight, touch, mindfulness. We will channel our inner child, play, be quiet & intentionally take necessary self love measures to fill our own soul cups, making ourselves a top priority.

**Feel free to bring any desired props you wish to make your retreat experience incredible.*

**Feel free to bring your own adult beverages to this retreat and into class.*

**Please bring your journal & pen to every session.*

Friday, June 7 (Day 1)

4p Resort Check-in at Lodge & Spa | Welcome Gift | Unpack & Unwind

6:30-7:00 Social | Welcome - enjoy meeting new friends!
*Please bring your journal & pen.
WHERE: The Spa Lobby ~ located in the Spa at Callaway.

7:10-8:15 Introductions | Setting your Intention | Decompression Yoga & Pranayama Nidra
WHERE: The Yoga Studio

Saturday, June 8 (Day 2)

9-11:30 Breathwork | Heartwork | Mindwork | Beach & Bubbles | Self-Connection activity
WHERE: We'll begin in the Yoga Studio, then the Spa Lawn & end at Robin Lake Beach

11:30 FREE TIME: Journal, hike, visit the butterflies, visit the Spa at Callaway or an event!

Events: Bike Riding: Discovery Center *first come, first serve
Daily Bird Shows: 12:30pm, 2:00pm, 3:30pm
Organ Concert: Ida Cason Callaway Memorial Chapel, 2-4pm
Cason's Tap Room: Live Music 7pm

**For assistance in planning your free time, please contact:*

Catrina Vargas - Director of Recreation at Callaway Resort & Gardens; cvargas@callawaygardens.com

Sunday, June 9 (Day 3)

9-10:30a Relax & Reflect Sensory Journey | Mindful Meditation | Letter
WHERE: The Yoga Studio, Spa Patio, Fountain & Lawn

10:30 Personal Honor Commitment & Bond Fire
Please feel free to continue to enjoy the gardens & spa experiences.