



## *Welcome to Elmhirst's Resort!*

*We hope you enjoy your 'Yoga; Your Way' retreat weekend!*

### *Friday, February 9th*

We encourage you to make the most of your retreat by arriving early on Friday to take advantage of the Spa with some well-deserved pampering to start off your weekend. Check-In is at 3:00pm.

Dinner this evening is on your own.

7:00pm - 7:30pm: Pre-Practice gathering with herbal tea service by candlelight in the Conservatory.

8:00pm - 9:30pm: 'YOGA BLISS' class: A gentle grounding and restorative practice to release the tension of the week and relax the body ending with a Yoga Nidra and journaling practice to set the intentions for your retreat and prepare you for a restful night's sleep. Held in the Conservatory.

### *Saturday, February 10th*

7:00am - 8:30am: Energizing Flow Yoga & Meditation Class. Enjoy an invigorating physical practice to get the body and mind energized for the day's activities. Held in the Conservatory.

8:30am - 10:00am: Breakfast in the Heritage.

10:30am – 1:00pm: Free Time. Yours to enjoy the Spa @ Elmhirst's, head out on the local trails for an invigorating hike, or hit the pool for some laps.

Lunch is on your own today.

1:00pm - 2:30pm: Cooking Class in the Heritage.

4:00pm – 5:00pm: Introduction to essential oils. Held in the Conservatory.

6:00pm - 7:30pm: Yoga & Meditation class in the Conservatory.

7:30pm - 9:00pm: Dinner in the Heritage.

9:00pm: Bonfire, Star-gazing, Release 'ceremony'. Location TBD.

### *Sunday, February 11*

8:30am – 10:00am: Yoga & Meditation class in the Conservatory.

11:00am: Guest check-out at the Front Desk, followed by our amazing Brunch in the Hearthside Dining Room.

*Thank you, we hope you enjoyed your stay!*