

GA



SLC

# WELLNESS

## *retreat*

## SUITE SERENITY

THURSDAY, NOVEMBER 13TH

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SUNDAY, NOVEMBER 16TH

### *retreat schedule:*

#### Day 1 Thursday, 11/13

GUEST CHECK-IN

7:30 PM: WELCOME RECEPTION

8:00 PM - 9:00 PM: SOUND BATH CEREMONY

#### Day 2 Friday, 11/14

7:00 AM: SUNRISE MOVEMENT SERIES - PILATES

8:30 AM: BREAKFAST

9:30 AM - 12:00 PM: SPA SERVICE OF THEIR CHOICE

12:30 PM - 2:00 PM: NUTRITION CLASS & LUNCH

• NUTRITION CLASS LED BY EXECUTIVE CHEF CHRISTIAN

3:00 - 4:00 PM: THEROGUN WORKSHOP

4:00 - 6:00 PM: BREAK

7:00 - 8:00 PM: DINNER

8:00 - 9:00 PM: MEDITATION CLASS

#### Day 3 Saturday, 11/15

7:00 AM: SUNRISE MOVEMENT SERIES - YOGA

8:30 AM: BREAKFAST

9:30 - 12:00 PM: SPA SERVICE OF THEIR CHOICE

12:30 PM - 2:00 PM: NUTRITION CLASS & LUNCH

• NUTRITION CLASS LED BY EXECUTIVE CHEF CHRISTIAN

3:00 PM - 4:00 PM: SKINCARE WORKSHOP

4:00 PM - 6:00 PM: BREAK

7:00 PM - 8:00 PM: DINNER

8:00 PM: JOURNALING CLASS

#### Day 4 Sunday, 11/16: Check-Out