



White Mountains Wellness Retreat

Weekend Package Includes:

- Comfortable mountainside accommodations
- 5 Healthy meals and snacks
- 8 different mind/body/spirit sessions & movement classes
- Health Club & Pool use
- Whirlpool, Steam Room & Sauna
- Nutrition prescription for the future
- \$50 Gift Certificate for the Viaggio Spa for Weekend Retreat Guests

'Daycation' Rate: (Saturday only)
\$100 per person-includes Breakfast, Lunch, Sessions & Classes (Dinner \$25 extra)

**Reservations required 10 days prior to program start date with a 50% deposit. Deposits are refundable if cancellation is received 10 days prior to arrival, minus \$75 cancellation fee. If not refundable, deposits may be used for a future 'Retreat' stay up to one year from original*

Spring Renewal Weekend Retreat Schedule:

Activity	Time Frame	Location	Instructors & Overview
FRIDAY 5/13			
Meet & Greet	7:30pm	Glass room above Lobby	Weekend overview, Instructor Intros, Q & A's, Light snacks & beverages
SATURDAY 5/14			
Class-Yoga	7:00-8:00	Exercise Studio	Melissa Gretz, MA, LCMHC
Breakfast	8:00-9:00	Greenhouse	
Session: <i>Nutrition-Choosing the Right Foods for Your Body Type</i>	9:00-10:15	Lafayette Room	Heather McLean, MS, CNS
Session: <i>Traditional Maya Healing for Reproductive & Digestive Health</i>	10:30-11:30	Lafayette Room	Joann Vollmer, LMT of Wise Way Wellness Center
Lunch	12 -1:00pm	Greenhouse	
Session: <i>Transforming Patterns</i>	1:15- 2:30	Lafayette Room	Melissa Gretz, MA, LCMHC
Session: <i>Mind/Body/Spirit</i>	2:45-3:45	Lafayette Room	TBD
Class- Mocha Movement	4:00-5:00	Exercise Studio	Heather McLean, MS, CNS
Dinner	6:00 -7:30	Mt Club	
Campfire Ceremonial Celebration	7:30-9pm	Camp 3 (weather permitting)	Camp 3 hike- or Campfire near MtClub
SUNDAY 5/15			
Class- Yoga	7:00-8:00	Exercise Studio	Melissa Gretz, MA, LCMHC
Breakfast	8:00-9:00	Greenhouse	
Session: <i>Gluten Free or Super Smoothie</i>	9:00-10:15	Lafayette Room	Heather McLean, MS, CNS
Riverwalk Meditation	10:30-Noon	Pemi River Trails	Group
Lunch	Noon-1:00pm	Mt Club	<i>Thank you for joining us!</i>

For more information and to reserve,

Call 1-800-229-7829