



Wellness Through Balance Retreat Program

Friday May 3, 2019

- **9:00am-2:00pm** Massage available

for day pass and full weekend participants -please call to book- at extra cost

- **2:30pm** Check in for day pass participants

- **3:00pm** Yoga class - all levels welcome

Offering a safe and welcoming environment to explore yoga's many benefits, class includes breath work and meditation, warm ups, poses to increase strength, flexibility and balance, and relaxation techniques

- **5:00pm** Come make your own mocktails

Mocktails, an abbreviation for "mock cocktails", are festive, non-alcoholic party drinks made with fruit juices, syrups, cream, herbs and spices.

- **6:00pm** Delicious And Healthy Dinner prepared by our private chef

BEET GREEN PESTO PASTA WITH ZUCCHINI AND CHICKPEAS
BAKED SALMON MEDITERRANEAN BOWL WITH QUINOA AND TZATZIKI

- **7:30pm** Sound Healing

Take time out to relieve stress, find inner peace and balance with a sound healing session. Sound Practitioner, Kelvin Young uses the crystal and Tibetan singing bowls, gong, tuning forks, rattles, hand drum and other healing tools to activate your relaxation response, calm your mind, relax your body and nourish your soul.

The meditative sounds assist in relieving chronic/toxic stress, muscle tension, addictive behaviors, PTSD, depression, anxiety, sleep disorders and other stress-related health conditions.