



## *Wellness Through Balance Retreat Program*

*Saturday May 4, 2019*

- **9:00 am** Check in for day pass participants

- **9:30am** Yoga Workshop - all levels welcome

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

- **11:30am** Nutrition Seminar with handouts

Traditional diets are patterns of eating inspired by the rich culinary histories of cuisines around the globe. Traditional ways of eating are the ideal guide to good food and good health as evidenced by both the healthiness and longevity of those that practiced it.

Traditional diets are a delicious roadmap to healthy eating. Rather than relying on highly processed foods that are stripped of their nutrients, flavor, and even calories, traditional diets celebrate the abundance of earth's offerings, highlighting seasonal and regional produce, hearty recipes, and the pleasures of the table.

We will learn about the Mediterranean Diet in this seminar - one of the most studied traditional diets of the world

- **12:30pm** Delicious and Healthy Mediterranean Lunch

- **1:15pm** Creative Flower Arranging -what speaks to you as spring has come?

Leah from the famous Ranunculus Flower Shoppe will be working with the group on creating works of art from pots, plants and decorations. Come create your masterpiece - a beautiful gift that will bring spring into your home!

- **3:30pm** Wrap Up Your Beautiful gift for yourself!.