



VITALITY

Nurture by Nature Wellness Retreat



Thursday, October 1 | Arrival & Orientation

4 PM: Check-In
5 PM: Orientation
6–8 PM: Dinner

7:30 PM: *Wellness Presentation: Intention Setting*
Evening Astrology: Fall Equinox

Friday, October 2 | Outdoor Adventure

7 AM: Morning Movement
8 AM: *Wellness Presentation: The Earth Element*
8:30–9:30 AM: Breakfast
11 AM: Hiking Adventure!
1–2 PM: Lunch
2 PM: *Wellness Presentation: The POWER of Touch*
2:30 PM: FREE TIME: Massage, Reiki Treatments, and Astrology Reading
5:30 PM: Happy Hour
6:30 PM: Dinner
7:30 PM: *Wellness Presentation: Guided Relaxation*
Evening Astrology: Full Moon

Please note schedule may be subject to change.

All Meals will be provided as a group with the exception of lunch on Sunday, please make a dining reservation and bring your lunch voucher for this meal.

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Saturday, October 3 | Hot Springs

- 7 AM: Morning Movement
- 8 AM: *Wellness Presentation: The Water Element*
- 8:30–9:30 AM: Breakfast
- 10 AM: Hot Sulfur Springs! Boxed Lunches provided
- 2:30 PM: FREE TIME: Massage, Reiki Treatments, and Astrology Reading
- 5:30 PM: Happy Hour
- 6:30 PM: Dinner
- 7:30 PM: *Wellness Presentation: The POWER of Silence*
- 8:30 PM: *Evening Astrology: Star-gazing*

Sunday, October 4 | Depart

- 7 AM: Morning Movement
- 8:30–9:30 AM: Breakfast
- 9:30–10:30 AM: *Closing Circle - The POWER of Retreat*
- 11 AM: Check Out of Room
- Lunch at Your Leisure

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