



INNER
STRENGTH
RETREAT

5 Day

EVENING OF ARRIVAL

Dream Catcher Sleep Treatment
Evening Meal
Evening Bath Butler Service

DAY 1

Breakfast Meal
Yoga Class
Lunch Meal
Inner Strength Treatment
Dinner Meal

DAY 2

Breakfast Meal
Private Pilates Class
Lunch Meal
Himalayan Singing Bowls Treatment
Dinner Meal

DAY 3

Breakfast Meal
Yoga Class
Lunch Meal
Forest Therapy Treatment
Dinner Meal

DAY 4

Breakfast Meal
Fitness Session
Lunch Meal
Oriental Essence
Dinner Meal

DAY 5

Breakfast Meal
Rose Radiance Wrap
Farewell with Spa Director



INNER
STRENGTH
RETREAT

3 Day

EVENING OF ARRIVAL

Welcome Consultation with Debra Myers, Director of Spa
Dream Catcher Sleep Massage Treatment
Dinner Meal
Evening Bath Butler Service with deep relax oil

DAY 1

Breakfast Meal
Private Yoga Class with Instructor Matt Morin
Lunch Meal
Inner Strength Treatment
Dinner Meal

DAY 2

Breakfast Meal
Pilates Class
Lunch Meal
Himalayan Singing Bowls Treatment
Dinner Meal

DAY 3

Breakfast Meal
Rose Radiance Wrap Treatment
Recap & Farewell with Spa Director

