

## FULL MOON WELLNESS

Daypass

September 6th

September 7th

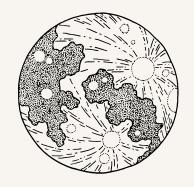
September 8th

Each day at The Retreat blends nourishment, movement, restoration, and deep relaxation for complete well-being. Select the day that calls to you and immerse yourself in the full moon experience.



Included in your stay
Please register at Front Desk

## Schedule Of Events



Pick the day that speaks to you and secure your spot today.

September 6th	September 7th	September 8th
9:30 am	9:30 am	9:30 am
Welcome	Welcome	Welcome
10:00 am	10:00 am	10:00 am
Functional Training	Vinyasa Flow	Guided Waterfall Hike
10:40 am	11:30 am	1:00 pm
Smoothie & Poolside	Relax by the Pool	Nourishing Lunch
Reset		
	1:00 pm	2:30 pm
1:00 pm	Nourishing Lunch	Yin Yoga
Nourishing Lunch		
	4:00 pm	4:00 pm
4:00 pm	Restorative Yoga	Restorative Yoga
Restorative Yoga		
	5:30 pm	5:15 pm
5:15 pm	Full Moon Cacao	Guided Gratitude
Sound Healing	Ceremony	Journaling & Meditation







"The activity is every Wednesday."

10:00 am - 11:00 am

At Santosha's main pool"

Watsu combines massage and stretching in warm water, helping relax muscles, improve mobility, and relieve physical and emotional stress.

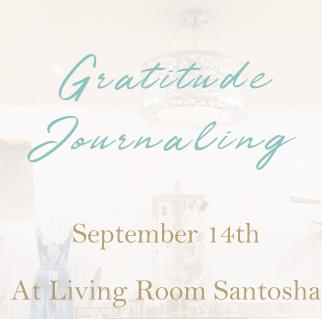
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This simple habit helps cultivate positive thinking, reduce stress, and boost emotional well-being, promoting a more mindful and fulfilling life

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