



Spa & Healing Getaway

Itinerary & important information

What to bring:

- Please bring your own yoga mat (if you prefer)
- Comfortable clothes for indoor classes which involve movement: sweats, t-shirts, track pants, yoga clothing, etc.
- Seasonally appropriate clothing for outdoor activity and light hiking: hiking shoes, long sleeve shirts, long pants, hats, raincoat, umbrella, sunscreen, sunglasses, sneakers, gloves, bug repellent, water bottle, etc.
- Swimsuit for Spa and swimming pool, water shoes for pool/sauna.
- Journal

Check-in / Check-out:

- Check-in is available any time after 3pm on the first day of your retreat.
- Check-out is at 12:30 pm on the final day of your retreat.

Enhancements:

Your package includes a **50 min. spa service and 60 min. Acupressure Healing** session.

These services can be scheduled during your free time, please see the contact information below.

EARTH MIND WELLNESS CENTER (ACUPRESSURE HEALING)

contact 845-210-3144 or Wellness@honorshaven.com

CATSKILLS SPA + FITNESS (ALL SPA SERVICES) contact 845-210-3083 or spa@honorshaven.com

See next page for full program itinerary.

Spa & Healing Getaway Itinerary

* Program schedule is subject to change.

FRIDAY

6:00 - 7:00pm – Dinner

7:30 - 8:30pm – Energy Yoga Class

SATURDAY

8:00 - 9:00am – Breakfast

9:30 - 10:30am – Guided Nature Walk

10:30 - 12:00pm – Free Time

12:00 - 1:00pm – Lunch

1:00 - 6:00pm – Free Time

6:00 - 7:00pm – Dinner

7:30 - 8:30pm – Energy Yoga Class

SUNDAY

8:00 - 9:00am – Breakfast

9:30 - 10:30am – Guided Nature Walk

12:00 - 1:00pm – Lunch

12:30pm – Check out

*In wintertime, outdoor nature walk may be replaced with an indoor healing qi-gong class.

FREE TIME:

During your free time you may use the amenities within the Retreat Center. Access to our amenities are already included in your stay package. You may also add on additional spa or wellness services other than the ones already included in your package during your free time. Please note, for any additional services you may add on (ie. aura reading, chakra healing...), an additional payment may be required.

