



## Catskills R&R 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...
- Swimsuit for Spa and swimming pool, water shoes for pool/sauna/steam room.
- Refillable water bottle
- 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:

During your stay, you may add on Spa services or Holistic Healing sessions to enhance your wellness experience with deeper care. For more information or to schedule, please see contact information below.

Holistic Healing Sessions contact 845-210-3154 or [Earthmind@honorshaven.com](mailto:Earthmind@honorshaven.com)  
Spa services call 845-210-3087 or [spa@honorshaven.com](mailto:spa@honorshaven.com)

*See next page for full program itinerary.*

# Catskills R&R Getaway Itinerary

\* Program schedule is subject to change.

## FRIDAY

5:00 - 6:00pm – Introduction to Holistic Wellness

6:00 - 7:00pm – Dinner

7:30 - 8:30pm – Energy Yoga Class

## SATURDAY

8:00 - 9:00am – Breakfast

9:30 - 12:00pm – Mindfulness Workshop

12:00 - 1:00pm – Lunch

1:30 - 4:00pm – Guided Outdoor Meditation

4:00 - 5:00pm – Free time (Private Healing, Spa and Sauna)

5:00 - 6:00pm – Energy Yoga Class

6:00 - 7:00pm – Dinner

7:30 - 9:30pm – Camp Fire or Free time

## SUNDAY

7:20 - 8:00am – Outdoor Labyrinth Meditation (*only offered May-October*)

8:00 - 9:00am – Breakfast

9:30 - 10:30am – Healing Qigong Class

10:45 - 12:00pm – Wrap-up

12:00 - 1:30pm – Check Out & Lunch

## FREE TIME

During your free time you may use the amenities within the retreat center, or schedule an appointment with the spa or with the wellness center for any services you may want to utilize. (ie, aura reading, private acupuncture healing session). Please note some services require additional payment. Please call to make an appointment at least 1 or 2 days in advance to secure a spot. Contact info can be found on the previous page.

## AMENITIES

Pool, Jacuzzi, Sauna, Steam Room, Gym, Nature Trails, Game Room, Basketball Courts, Tennis Courts, Pedal Boats (seasonal), Gardens (seasonal) and more.

## POLICY

- Children ages 0-10 are not permitted to participate in any of the program.
- Youth ages 11-16 are allowed to participate in the energy yoga + tai-chi classes with a guardian. Youth are not permitted to join the Introduction to Holistic Wellness Session, Wellness Workshop, Guided Outdoor Meditation, or Meditative Walk in Labyrinth.

