



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, 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:

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 845-210-3087 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

10:30 - 12:30pm – Free Time

12:00 - 1:30pm – Check out & Lunch

*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. You may also add on additional spa or wellness services other than the ones already included in your package. Please note an additional payment may be required.

AMENITIES

During your stay with us you are invited to enjoy Honor's Havens Amenities including: 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 activities.
- Youth ages 11-16 are allowed to participate in the Wellness Classes and Guided Nature Walk with an accompanying guardian.
- Spa & Healing Services are not included for youth and kids.

