

WELLNESS CLASS MENU

10AM MONDAY: SOUND IMMERSION FLOAT (LAP POOL)

An immersive tranquility experience of a traditional float with the soothing vibrations of sound therapy. Floating weightlessly while immersed in a symphony of resonant tones and frequencies. The gentle vibrations permeate through the water, creating a deeply relaxing atmosphere that enhances meditation, reduces stress, and promotes a profound sense of well-being.

10AM TUESDAY: LET'S PLAY (STONE FIRE PIT)

Tune into your inner child. It's time to slow down and just be. Living in the present moment and going with the flow of life is when magic happens.

10AM WEDNESDAY: GOOD VIBRATIONS (SPA SUITES)

By just being alive, life offers us so much pleasure and magic. Tap into the frequencies of abundance and gratitude to enhance your well being and raise your vibration.

10AM THURSDAY: ACUPUNCTURE & ENERGY WORK (SPA SUITES)

Come together to connect more deeply with yourself through Acupuncture, Crystal Bowls Sound Bath, & Energy Work. The Connected is a specifically created protocol to help you heal and vibrate at your best by correcting energy imbalances naturally in the body.

4PM FRIDAY: ART OF GRATITUDE (SPA SUITES)

Modern life moves quickly. Experience appreciation through mindfulness, meditation, movement, and journaling.

SATURDAY: YOGA @ 9AM (FITNESS CENTER)

CONNECTING WITH NATURE @ 3PM (MEDITATION GARDEN)

Experience the stillness and contemplative nature of a walking meditation. You will be guided through intention setting, breath work, and pacing while navigating The Elms Meditation Garden.

9AM SUNDAY: MOVEMENT (FITNESS CENTER)