

SPA AND WELLNESS

SCHEDULE

Monday | Wednesday | Friday

8 am	Sound Bath, 30 minutes	2:30 pm	Private Forest Bathing, 1 hour
10 am	Group Hike, 2 hours	4 pm	Wellness Wind Down
1 pm	Private Apothecary Class, 1 hour		

Tuesday | Thursday | Saturday | Sunday

8 am	Group Yoga, 1 hour	2:30 pm	Private Sound Bath, 1 hour
10 am	Group Hike, 2 hours	4 pm	Wellness Wind Down
1 pm	Private Apothecary Class, 1 hour		

PRICING

\$50	Group Yoga	\$135	Private Apothecary
\$60	Group Hike	\$135	Private Forest bath
\$75	Wellness Wind Down	\$135	Private Sound Bath

All wellness experiences require advanced booking. Scheduling is subject to change.