

# WELLNESS RETREAT ITINERARY

## Day 1

2pm - Arrival, registration & check-in  
3pm - Vinyasa yoga session  
5pm - Fresh juice break  
6pm - Journalling class  
7pm - Group dinner

## Day 2

8am - Meditation & yoga session  
10am - Fresh juice break  
11am - Tai Chi  
1pm - Coastal hike  
6pm - Group dinner

## Day 3

6am - Sunrise yoga  
8am - Group breakfast  
10am - Gong meditation  
11am - Raw cookery class followed by lunch  
2pm - Free time to enjoy retreat amenities  
5pm - Group dinner

## Day 4

8am - Meditation & yoga session  
10am - Fresh juice break  
11am - Tai Chi  
1pm - Forest bathing hike  
6pm - Group dinner

## Day 5

9am - Restorative yoga  
11am - Check-out & departure

# Wellness Retreat Meal Plan Chicago

**KJ Lindholm-Leary**



## **Wellness Retreat Meal Plan Chicago:**

**Spa** ,2010      Fodor's Health & Fitness Vacations Bernard Burt,Fodor's Travel Publications, Inc. Staff,1989 This is the biggest most comprehensive and most up to date appraisal of fitness vacation facilities throughout North America and the Caribbean Includes resorts fitness programs cruises and other programs      **Indianapolis Monthly** ,2003-11 Indianapolis Monthly is the Circle City s essential chronicle and guide an indispensable authority on what s new and what s news Through coverage of politics crime dining style business sports and arts and entertainment each issue offers compelling narrative stories and lively urbane coverage of Indy s cultural landscape      Body & Soul (Watertown, Mass.) ,2005      *Atlanta Magazine* ,2004-10 Atlanta magazine s editorial mission is to engage our community through provocative writing authoritative reporting and superlative design that illuminate the people the issues the trends and the events that define our city The magazine informs challenges and entertains our readers each month while helping them make intelligent choices not only about what they do and where they go but what they think about matters of importance to the community and the region Atlanta magazine s editorial mission is to engage our community through provocative writing authoritative reporting and superlative design that illuminate the people the issues the trends and the events that define our city The magazine informs challenges and entertains our readers each month while helping them make intelligent choices not only about what they do and where they go but what they think about matters of importance to the community and the region      *Longevity* Kathy Keeton,1992 Examination of the latest in antiaging science that includes a list of strategies for people to look act and feel younger than their years      **Yoga Journal** ,2001-03 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty      **Balance Your Body, Balance Your Life** Edward A. Taub,2000-12-01 In this powerful and life giving book Edward A Taub M D makes total health rejuvenation a revolutionary approach to nutrition exercise and well being a very reachable and rewarding goal for anyone at any stage of life Shattering the food myths that perpetuate poor health and obesity Dr Taub introduces the world of wholesome natural foods foods that literally revitalize our lives and reaches us how to Understand the human Cycle of Life the key to lifelong wellness end food cravings and break bad eating habits by discovering their origins resolve stress now create your own Personal Wellness Retreat prepare a wealth of delicious savory foods from the cookbook within the book follow and accessible fitness regime of Wellness Yoga Stretching strength training and walking improve body tone and image use properly balanced vitamin and mineral supplements most effectively practice Preventive Theology the powerful link to total mind body health Discover Dr Taub s revolutionary Food Energy Ladder take control of your health destiny with his strategies and begin today to Balance Your Body Balance Your Life      **Chicago** ,2008      *Indianapolis Monthly* ,2008-06

Indianapolis Monthly is the Circle City's essential chronicle and guide an indispensable authority on what's new and what's news Through coverage of politics crime dining style business sports and arts and entertainment each issue offers compelling narrative stories and lively urbane coverage of Indy's cultural landscape     Ad \$ Summary ,1990 Advertising expenditure data across ten media consumer magazines Sunday magazines newspapers outdoor network television spot television syndicated television cable television network radio and national spot radio Lists brands alphabetically and shows total ten media expenditures media used parent company and PIB classification for each brand Also included in this report are industry class totals and rankings of the top 100 companies of the ten media     *Ebony Man* ,1986-11     **Healthy Escapes, 1991** ,1991     **Spa Management** ,2006-06     **The Women's Travel Guide** Jane E. Lasky,Brenda Fine,1986     **Healthy Escapes** Fodor's,1998 A travel industry profiles 255 establishments to offer critical information on spas and health resorts in the United States Canada Mexico and the Caribbean     *Spa Guide* John Segesta,Anne Stein,2003-03-18 This guide explores nearly 100 spas mostly in the USA including day spas and hotels with spa facilities It ranges from upscale Canyon Ranch in Tucson to The Peaks in Telluride to more affordable spas like Birdwing in Minnesota or Deefield in Pennsylvania Each entry lists a complete description including price address telephone number and Web sites available services special features and amenities meal plans accommodations and package options There is also a glossary of spa terms for newcomers

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