



Guest G.

Thursday, Oct 19 - Sunday, Oct 22

WELLNESS COUNSELOR

Alessia L.

alessia@hemlockneversink.com

xxx-xxx-xxxx

ADDITIONAL SUGGESTIONS

- Acupuncture*
- Tennis Lessons*
- Alpine Tower*
- Facial*
- Pinch-Pot 1 & 2
- Foraging & Weaving (Hike & Activity)
- Morning Harvest

OCT 19, THURSDAY

- 4:00 pm **Arrive at Hemlock**
Check in and meet Alessia
- 5:00 pm **Custom Massage***
- 6:00 pm **Unwind Sunset Yoga**
- 9:00 pm **Campfire**

OCT 20, FRIDAY

- 8:00 am **Balanced Breakfast Class**
- 10:00 am **Hips and Legs Stretch**
- 11:00 am **One-on-one Nutritionist***
- 2:00 pm **Detox Herbal Wrap***
- 5:00 pm **Guided Hike**
- 9:00 pm **Stargazing**

OCT 21, SATURDAY

- 7:00 am **Bird Watching Hike**
- 10:00 am **Yoga 1**
- 11:00 am **Reiki***
- 2:00 pm **Return to Nature Ritual***
- 4:00 pm **Stretch and Meditation**
- 9:00 pm **Campfire**

OCT 22, SUNDAY

- 8:00 am **Workshop: Intention Setting**
- 10:00 am **Shoulder & Neck Stretch Class**
- 11:00 am **Custom Scalp Treatment***
- 12:00 am **Departure**