



Wellness at Sweetwater

ONE DAY OF WONDERFUL

WITH NEW WORLD WELLNESS

(LED BY CRAIG COSTELLO, BS, ERYT-200 AND NICOLE GEORGI COSTELLO, MS, LMHC, ERYT-20)

WELLNESS INVESTMENT: \$125 PER PERSON

10:30 AM WELCOME TIME

10:45 AM - OPEN HEART YOGA CLASS

11:45 AM This Hatha-Vinyasa mix yoga class will focus on balancing the heart energy center or heart chakra. Participants will practice various heart-opening yoga poses along with breathing techniques that will assist in releasing expectations and judgments on self and others, cultivating forgiveness and leaving participants feeling revitalized, open hearted, and deeply at peace!

11:45 AM - FORGIVENESS EXERCISE (presented by Nicole)

12:15 PM

12:15 PM - MINDFUL EATING MEDITATION

1:30 PM Enjoy a vegan lunch catered by Sweetwater Branch Inn. (facilitated by Craig)

1:30 PM - NATURE EXCURSION ON YOUR OWN

3:00 PM Now depart for a mindful walk on Paynes Prairie's La Chua trail or take wellness time on your own for inspirational reading or individual journaling

3:15 PM - CRYSTAL BOWL CHAKRA BALANCING MEDITATION

4:15 PM Nicole will lead you in a one-hour sound meditation with the vibrational healing of the crystal bowls that will assist participants in balancing the energy system/chakra system whilst allowing for a deep meditative experience. Release, balance and strengthen with this transformational experience!

4:15 PM - METTA MEDITATION AND CLOSING (presented by Nicole and Craig)

4:30 PM

WHAT TO BRING:

- Journal and Pen/Pencil
- Yoga Mat
- One Pillow
- Two Blankets
- Eye covering (eye mask, scarf, small hand towel)\
- Water
- Face Mask
- Layered Clothes due to open doors for ventilation

SAFETY PRECAUTIONS FOR COVID-19:

- Event will be held in the spacious McKenzie Hall and doors will be left open for constant fresh air ventilation
- Limited to 20 spaces to allow for 6 feet between all participants.
- Sanitized space prior to use.
- Natural essential oil antibacterial & antiviral aromatherapy.
- Mandatory Mask wearing.