

Wellness at Sweetwater

REJUVENATE RETREAT PACKAGE

4 DAYS, 3 NIGHTS

DAY 1

3:00 PM WELCOME/CHECK IN

Check-in with one of our friendly, conscientious team members and orientate yourself to your beautifully appointed guest room or cottage. Relax into your personal sanctuary space and experience the deep comfort and peace of being in the here and now. Peruse the Wellness Retreat Handbook and learn more about the wonderful wellness experiences that await you!

5:00 PM EVENING TREAT OPTION: SIP & SIMPLIFY

Enjoy a mindful cup of herbal tea of your choice with fresh cut fruit or Copa wine & cheese, delivered to you onsite. Explore the grounds or simply sit, sip and relax.

6:00 PM DINNER AND FREE TIME

Take a leisure walk or short drive into downtown Gainesville for a delicious dinner experience at one of our highly-recommended restaurants that offers vegetarian, vegan or non-vegetarian options or visit our local Whole Foods Market (15 minute drive) to pick up whatever you'd like from their prepared foods or to cook in your own kitchen at Sweetwater if your accommodation has a private kitchen.

Upon your return explore the healing waters of our saltwater pool and enjoy an evening swim or relax in the hot tub before retiring to your room for wellness time. Many of our cottages also have spa tubs if this is your preference, with bath salts included. A wonderful time to read, journal or practice an evening meditation.



REJUVENATE RETREAT PACKAGE

DAY 2

7:00AM - BREAKFAST AND GRATITUDE

8:30AM Start the day right with a healthy meal that includes a vegan pastry, yogurt parfait, whole fruit and fresh juice. Add some gratitude and journal/write down or speak out loud '5 Things You're Grateful For'.

9:00 AM - RISE AND SHINE GENTLE YOGA AND MEDITATION CLASS

10:00 AM Start your morning off right with a 30 minute inspirational, gentle yoga practice consisting of mindful breathing exercises and a gentle yet energizing Asana sequence to stretch and align the mind/body/spirit. It's followed by a 30 minute guided relaxation and meditation practice that will leave you feeling refreshed and rooted in the present moment!

10:30 AM NATURE EXCURSION

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

12:00 PM VEGAN LUNCH WITH MINDFUL EATING MEDITATION

When we eat mindfully we digest our food more completely and nourish ourselves more deeply. The practice of Noble Silence is often practiced on retreats and can be added here as participants will be given the option to practice this technique in addition to mindful eating to experience the many benefits.

2:30 PM VINYASA FLOW YOGA CLASS

Experience deeper yogic teachings in this moving mindfulness-based Vinyasa yoga practice where the yoga Asana poses flow into one another in a sequence that may physically challenge students more and invites students to be more fully present with the body/mind complex. This class will consist of a short centering, brief warmups, dynamic Asana practice & short relaxation/closing. Experience your strength, stability and endurance in this one hour session instructed by an experienced, certified and registered yoga instructor.

5:00 PM EVENING TREAT OPTION: SIP & SIMPLIFY

Enjoy a mindful cup of herbal tea of your choice with fresh cut fruit or Copa wine & cheese, delivered to you onsite. Explore the grounds or simply sit, sip and relax.

6:00 PM DINNER AND FREE TIME

Take a leisure walk or short drive into downtown Gainesville for a delicious dinner experience at one of our highly-recommended restaurants that offers vegetarian, vegan or non-vegetarian options or visit our local Whole Foods Market (15 minute drive) to pick up whatever you'd like from their prepared foods or to cook in your own kitchen at Sweetwater if you accommodation has a private kitchen.

7:15 PM - RELAX AND RESTORE: YOGA NIDRA CLASS

8:15 PM A 60 minute Yoga Nidra Class that will restore and rejuvenate the body and mind, preparing participants for a most restful night's sleep. Yoga Nidra is the practice of deep yogic sleep that guides us to the place between wakefulness and sleeping where we experience a deeper state of relaxation allowing the body and mind to restore more fully. Students relax in a reclined position but can be modified to seated if preferred. The mind/body has the capacity for healing and rejuvenation and this class is designed to invite participants to reconnect with their natural healing capabilities.

Complete your evening with wellness time on your own: journaling, reading or meditation.



REJUVENATE RETREAT PACKAGE

DAY 3

7:00AM - BREAKFAST AND GRATITUDE

8:30AM Start the day right with a healthy meal that includes a vegan pastry, yogurt parfait, whole fruit and fresh juice. Add some gratitude and journal/write down or speak out loud '5 Things You're Grateful For'.

9:00 AM - RISE AND SHINE GENTLE YOGA AND MEDITATION CLASS

10:00 AM Start your morning off right with a 30 minute inspirational, gentle yoga practice consisting of mindful breathing exercises and a gentle yet energizing Asana sequence to stretch and align the mind/body/spirit. It's followed by a 30 minute guided relaxation and meditation practice that will leave you feeling refreshed and rooted in the present moment!

10:30 AM NATURE EXCURSION

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

12:00 PM VEGAN LUNCH WITH MINDFUL EATING MEDITATION

2:15 PM - INDIVIDUAL WELLNESS SESSIONS (PARTICIPANT/GUEST CHOICE)

3:30 PM

- Therapeutic Massage Session with local therapist Carla at Coultras Massage Studio (various styles)
- Polarity Energy Healing Session with Carla at Coultras Massage Studio.
- Hypnosis for Wellness/Hypnotherapy session in private cottage. Whether you wish to lose weight, stop smoking, improve self confidence, or experience a past life regression session you will find that hypnosis is a powerful ally to help you achieve your goals of feeling empowered, successful and healthier. See session options and learn more at www.wellnessdowntown.com/hypnosis (*additional wellness investment for this option)
- Crystal Bowl Chakra Balancing Meditation Session: A one-hour meditation with the vibrational healing of the crystal bowls that will assist participants in balancing the energy system whilst allowing for a deep meditative experience. (*additional wellness investment for this option)
- Acupuncture session at Academy for the Five Elements

4:00 PM - SOLO REFLECTION

5:00 PM Integrate your wellness & wellness time on your own reading, journaling or other.

5:00 PM EVENING TREAT OPTION: SIP & SIMPLIFY

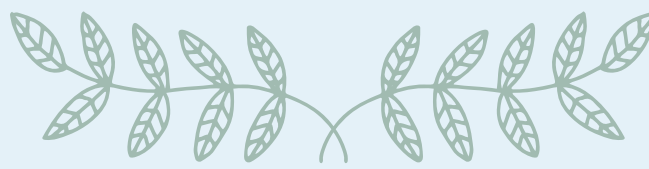
6:00 PM DINNER AND FREE TIME

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Complete your evening with wellness time on your own: journaling, reading or meditation.





Wellness at Sweetwater

RENEWAL RETREAT PACKAGE

3 DAYS, 2 NIGHTS

DAY 4

7:00AM - BREAKFAST AND GRATITUDE

8:30AM

Start the day right with a healthy meal that includes a vegan pastry, yogurt parfait, whole fruit and fresh juice. Add some gratitude and journal/write down or speak out loud '5 Things You're Grateful For'.

8:30 AM - PERSONAL TIME

10:00 AM

Enjoy the healing waters for a morning swim, soak in the hot tub or continue with wellness time on your own before check-out.

11:00 AM UNTIL NEXT TIME/CHECKOUT

Check-out with one of our friendly conscientious team members.

DON'T LET YOUR RETREAT END HERE!

Take some time to enjoy one of Gainesville's many beautiful parks or sites, including:

- The Butterfly Rainforest
- The Florida Museum of Natural History
- Kanapaha Botanical Gardens
- Carson Springs Wildlife Conservation Foundation
- Paynes Prairie

