

## *Wellness at Sweetwater*

# RENEWAL RETREAT PACKAGE

3 DAYS, 2 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.



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## 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.

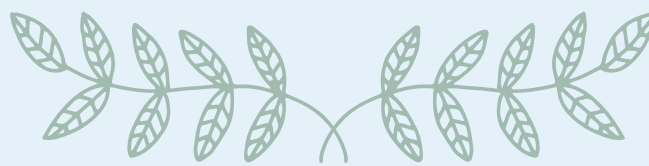
### **7:15 PM - RELAX AND RESTORE: YOGA NIDRA CLASS**

**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.





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### 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'.

**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

