

Winter Wellness Weekend

FRIDAY 6:30 - 8:30pm

- Welcome circle
- Osolation/Pilates sequence
- Footwork/Rolling out with balls
- Practise Restorative Poses

SATURDAY 9:30am - 4:30pm

- Gentle morning Pilates practise #1
- Nervous system discussion
- Mindfulness practices
- Lunch 12:30 - 1:30pm provided by Chef Adam Brenner
- Guest speaker : Empowerment at any age
- Intention setting
- Gentle Pilates practise #2
- Practise Restorative poses : Deluxe versions of comfort
- Q & A
- Meditation

SUNDAY 9:30am - 4:30pm

- Guest speaker : Nutrition and Wellness Q&A
- Snack break
- Gentle Pilates practise #3
- Mindfulness practices
- Lunch 12:30 - 1:30pm provided by Chef Adam Brenner
- Practise Restorative poses
- Self Care, Sleep, Boundaries with Technology
- Meditation
- Closing Circle