

Celebrate WELLNESS.



POSES AND PAIRINGS R | \$

The art of “WINEfulness” encourages you to focus and concentrate on the flavor profiles of the wine, and each pose is constructed to enhance meditative flow and flexibility while adjusting your body to relax. We embrace nature and only serve sustainable, biodynamic and lower alcohol wines in our classes. The combination of wine sipping and yoga is a restorative reflective experience. *For guests 21 and older. \$65 per person.*

BEING IN THE NOW: PRACTICING PRESENCE AND EFFECTIVE COMMUNICATION R | \$

An experience intended to help participants engage their senses to listen to their environment, their body, and each other in order to become more present and self-aware. In this workshop, participants will center themselves through a guided walking meditation, and then practice effective communication skills as they are explored in Eastwest Shin Somatics®, a practice developed by Sondra Fraleigh.

EASTWEST SHIN SOMATICS® HANDS-ON BODYWORK R | \$

Engage in easeful, non-invasive, movement through a partner’s touch in order to center the self, release excess tension, explore new movement possibilities, and balance the body’s energy centers. All are welcome, regardless of experience. Come with a partner or solo.

CASANEL VINEYARDS & WINERY WINEMAKER WEEKEND R | \$

Join General Manager Anna Want from Casanel Vineyards & Winery for a weekend of wine events from bottle signings and tastings to a spectacular multi-course wine pairing dinner. *For guests 21 and older. \$140++ per person*

SOUND BATH R | \$

A total body immersion with different sounds, such as gongs, chimes, and singing bowls, as you enjoy the soothing waters of the Warm Springs Pools. The sounds vibrate and leave you feeling totally cleansed from the inside out.

THE FOUNDATIONS OF A HEALTHY BODY AND MIND R | \$

Nourish your body with wholesome nutrient -rich foods to fuel not just your physical well being but also cultivate a vibrant and resilient mind. Embrace a balanced diet as the cornerstone of a healthy lifestyle with not only good nutrition, but also proper physical activity, stress management and proper sleep. Unlocking the potential for a thriving body and a sharp focused mind.

LAND TO WATER YOGA R | \$

Land to Water Yoga® is a somatic approach to yoga focusing on easeful movement and developing self-awareness for every body. Participants will explore the body’s movement possibilities and practice non-judgement and being present in a positive and supportive environment. All levels of experience are welcome.

MELD HYBRID TRAINING BOXING/YOGA R | \$

This workout combines the multiple high-energy benefits of boxing with the tranquility and flow of yoga. The guest first participates in a quality cardio and muscle toning session through boxing training; releasing physical, mental and emotional stress. Following the pugilistic segment, the athlete’s attention is turned inward, focusing on inner strength and control through yoga. These seemingly opposite poles of fitness are not as dissimilar as one might assume, considering that much of modern yoga has its roots in training for ancient warriors. *\$75 per person. Ages 12 and up unless accompanied by an adult*

SOCIAL PRESENTATION BY DR. MICHAEL GEORGE

Join best selling author Dr. Michael T. George for our Wellness Social Event. Start the evening in a dynamic presentation that will have you laughing as you interact with your fellow guests in a lighthearted and fun manner. By the end of the presentation, you will have met new friends and participated in a unique experience surely to enhance your outlook on life.

SUNSET YOGA R | \$

Escape the hustle and bustle of daily life and immerse yourself in an evening of tranquility and mindfulness. Our Sunset Yoga session will be held in a breathtaking outdoor setting, surrounded by nature’s beauty and the soothing sounds of the world around us.

SPIRITUAL SERVICE

Inspirational and Motivational Speaker Dr. Michael T. George will take you down the path of an incredible story with a truly unique ending that will leave you inspired to learn more. This inspirational message will provide a uniquely spiritual insight on where true strength can be found and what you can do to achieve it.

HIKE THE TRAIL WITH KATIE R | \$

Are you ready to conquer new heights and explore the great outdoors? We invite you to join us on a thrilling and physically challenging hike that promises a breathtaking view of The Omni Homestead!

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FRIDAY, APRIL 12

10-11am	POSES & PAIRINGS R \$	Grand Ballroom Foyer
10-11:30am	MELD HYBRID TRAINING R \$ BOXING/YOGA	Fitness Center
10-11am	WALKING HISTORY TOUR	Jefferson Parlor
10am-4pm	KIDS' ADVENTURE DAY R \$	KidsClub Cottage
3-4:30pm	WATERFALL WELLNESS WALK R \$	Allegheny Outfitters
3-4pm	FORMAL AFTERNOON TEA R \$	American Audubon Dining Room
3-4 p.m.	SOCIAL HOUR	Great Hall
4-6pm	CASANEL VINEYARDS & WINERY BOTTLE SIGNING & MEET AND GREET	Great Hall
5-6pm	SOCIAL PRESENTATION BY DR. MICHAEL GEORGE	Crystal
5:30-9:30pm	KIDS' ADVENTURE @ NIGHT R \$	KidsClub Cottage
5:30-9:30pm	EVENING MUSIC	Great Hall
6:30pm	MOVIE	Theater 1923
8:30pm	MOVIE	Theater 1923

SATURDAY, APRIL 13

7-9am	LET'S TALK HEALTHY EATING WITH KATIE	Crystal
8-9:30am	WATERFALL WELLNESS WALK R \$	Allegheny Outfitters
9-10am	HIKE THE TRAIL WITH KATIE R \$	Crystal
9-10am	LAND TO WATER YOGA R \$ WITH DR. DENISE PURVIS	Old Course Pavilion



SATURDAY, APRIL 13 (CONTINUED)

10-11:30am	MELD HYBRID TRAINING R \$ BOXING/YOGA	Fitness Center
10-11am	WALKING HISTORY TOUR	Jefferson Parlor
10am-4pm	KIDS' ADVENTURE DAY R \$	KidsClub Cottage
10:30am-11:30am	BEING IN THE NOW: PRACTICING PRESENCE AND EFFECTIVE COMMUNICATION R \$	Theater 1923
11:30am-12:30pm	THE FOUNDATIONS OF A R \$ HEALTHY BODY AND MIND	Theater 1923
1-2pm	EASTWEST SHIN SOMATICS® HANDS-ON BODYWORK R \$	Commonwealth
3-4pm	BOURBON TASTING R \$	Theater 1923
3-4 pm	FORMAL AFTERNOON TEA R \$	American Audubon Dining Room
3-4pm	SOCIAL HOUR	Great Hall
4:15-5:15pm	SOUND BATH R \$	Warm Springs Pools
5:30-9:30pm	KIDS' ADVENTURE @ NIGHT R \$	KidsClub Cottage
5:30-6:30pm	SOUND BATH R \$ SUNSET YOGA R \$	Warm Springs Pools Old Course Pavilion
6pm	CASANEL VINEYARDS & WINERY RECEPTION & DINNER R \$	Crystal
5:30-9:30pm	EVENING MUSIC	Great Hall
6:30pm	MOVIE	Theater 1923
8:30pm	MOVIE	Theater 1923

SUNDAY, APRIL 14

7-9am	LET'S TALK HEALTHY EATING WITH KATIE	Crystal
8-9:30am	WATERFALL WELLNESS WALK R \$	Allegheny Outfitters
9-10am	HIKE THE TRAIL WITH KATIE R \$	Crystal
9-10am	LAND TO WATER YOGA R \$ WITH DR. DENISE PURVIS	Old Course Pavilion
9-10am	SPIRITUAL SERVICE BY DR. MICHAEL GEORGE	Theater 1923
10-11am	WALKING HISTORY TOUR	Jefferson Parlor
3-4pm.	SOCIAL HOUR	Great Hall
5:30-9:30pm	EVENING MUSIC	Great Hall
6:30pm	MOVIE	Mt. Vernon
8:30pm	MOVIE	Theater 1923

R = Reservations recommended

\$ = Available for an additional fee