

only \$45

Wellness Day

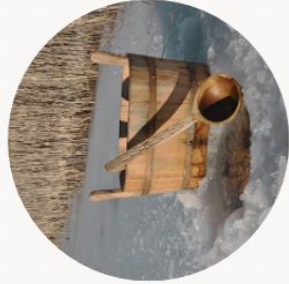
Join us for a day dedicated to nurturing your mind, body, and soul in a serene and welcoming environment. Embark on a journey of self-care and holistic well-being as you indulge in a variety of activities designed to promote relaxation, balance, and inner harmony. Whether you're seeking to unwind from the stresses of everyday life or simply looking to pamper yourself, our Wellness Day offers something for everyone.

What's included in the fee:

- Unrestricted access to the event from start to finish
- inclusive of full access to Sea2Sky's one-on-one practitioners.
- Selection of nutritious foods and snacks throughout the day
- Two workshops of your preference to participate in.

Workshop Line Up

10AM-11AM



Hot/Cold Therapy with guided Breathwork and Meditation

1PM-1:45PM



Group Reiki and

11:30AM-12:15PM



Zen Kitchen: Foods for Stress and Anxiety management

2PM-2:45PM



Acupuncture and

12:15PM-1PM



Introduction to Psychedelics

3PM-3:45PM



Sound Bath Meditation in Aerial