

Santa Fe Wellness Retreat for Women

Itinerary dates: September 17– 21, 2017

Tour Leader: Beth Whitman

The **Santa Fe Wellness Retreat** will be held over five days at [Sunrise Springs Resort and Spa](#) just outside of downtown Santa Fe.

Led by **Beth Whitman**, this getaway will be a time for participants to relax, restore and explore inwardly as we enjoy our **peaceful and sacred surroundings**. Through **meditation, yoga and journaling**, we'll learn to reflect upon ourselves, our family, friends, work and lifestyle choices.

Sunrise Springs' expert staff will provide teachings about **health, nutrition** and the **culinary arts**.

We'll learn to **Be Bold** through knowledge and insight about what it takes to improve our lives incrementally and **discover our best selves**.

Healthy **vegetarian meals** and snacks will be provided throughout the retreat.

This is an **all-inclusive program** that includes accommodations, meals and most activities. While this is not a spa getaway, there *are* spa facilities at Sunrise Springs that you can schedule on your own at an additional cost.

While your participation is not required, we highly **encourage everyone to partake** in each of the activities included in the retreat. This will help you get the most out of your stay!

HIGHLIGHTS

- Enjoy spectacular **vegetarian food** prepared by Chef Rocky
- Take part in **daily guided meditation and yoga classes**
- Learn how to make **simple, healthy and nutritious choices** every day
- Roll up your sleeves for a **hands-on cooking class** with James Beard-winning chef, **Lois Ellen Frank**
- Blend up a **fresh smoothie** after picking ingredients from the resort's fantastic garden
- Leave the world behind by **unplugging** and **relaxing** in this **peaceful environment!**

ITINERARY

Day 1

Sunday, September 17, 2017

Meals: Dinner

Upon arrival at Sunrise Springs, you'll check in to your lovely room, appointed in **traditional Southwest design**. There will be a welcome reception in the Cottonwood Lounge with the chance for us to enjoy a light snack and meet the rest of the group prior to dinner.

Dinner will be at the Blue Heron Restaurant on the property.

Afterward, we'll spend time around the outdoor fire pit.

Day 2

Monday, September 18, 2017

Meals: Breakfast, Lunch, Dinner

Today we'll start early with a **short (20 – 30 minutes) guided meditation**. This will give us all the chance to decompress, relax and set our intentions for the week. Afterward, we'll take a **one-hour yoga class**. The instructor will guide us through basic **yoga poses and stretches**. The class is suitable for practitioners of all levels—no need for prior experience!

After our bodies have had a chance to wake up, we'll have an **amazing fresh breakfast** at Sages Restaurant on the property.

There will be time for a short break to **freshen up** before our first talk/workshop of the day. During these sessions, expect a wide variety of topics to be covered including: **nutrition, health, making smoothies** and **healthy travel habits**. Here's additional information [about the teachers](#) you can expect to hear from.

We'll then enjoy a nutritious lunch before taking an early afternoon break. We encourage you to use this break time to **journal, reflect** or to take part in an **impromptu break-out session**.

In the late afternoon, there will be **another talk/workshop** before dinner at the Blue Heron.

After dinner, the group is encouraged to spend time around the outdoor fire pit for informal discussions.

Day 3

Tuesday, September 19, 2017

Meals: Breakfast, Lunch, Dinner

Similar to Day 2

This evening, we'll experience a **hands-on cooking class** and dinner with **Lois Ellen Frank**. Lois is a James Beard Award-winning Native American Chef, Native American foods historian, culinary anthropologist, author and photographer. In short, she's amazing and the food we prepare tonight will be too!

Day 4

Wednesday, September 20, 2017

Meals: Breakfast, Lunch, Dinner

Similar to Day 2

Day 5

Thursday, September 21, 2017

Meals: Breakfast

On this day, we'll have our meditation and yoga classes as well as breakfast and then a final talk/workshop before departing by late morning.

**** Itinerary subject to change without notice.**

**** Please note, the resort requests no children under the age of 18 and no pets. Sunrise Springs Spa Resort is a 100% smoke-free facility.**