



Spring into Wellness

with Personalized Nutrition

Spend three days relaxing, learning, growing, and eating food created for you!

April 30, May 1 & 2, 2021

Inspired Eating & Yoga with Lisa Turner:

- Three yoga classes
- Four nutritional classes, three creating hands on
- One 50 minute individual customized consultation
- Two catered meals and snacks provided



Massage by Sattva Oasis, Sarah Grimes LMT:

- One 60 minute massage



Hosted by Aqua Hot Spring, Your Private Wellness Vacation Rental:

- One hour per day private hot spring time
- Open soaking times (may be shared with the other four people in group)
- Private use options to use the Meditation/Yoga room (room for 1- 2 people)
- Two-nights lodging (one private king bedroom, two semi-private shared spaces with twin beds, one other semi-private space w/ twin bed)
- Gifts to take home with you



For more information:

Please call or email for more detailed information & questions.

719.530.1180 aquahotspringcabin@gmail.com

4 Spaces available

\$888-999