

Gratitude & Grounding:

a day retreat at Align Optimal Wellness

Join us for a cozy day of grounding, gratitude, and renewal as the seasons change

Fall Wellness Day Retreat Schedule:

10:00 – 10:45 | Welcome & Intention Setting

10:45 – 11:45 | Grounding Yoga & Pilates (30 mins each)

11:45 – 12:00 Break & Connection

12:00 – 1:00 Lunch & Learn: Soup and Sourdough
(Margie: Nutrition; Annie: TCM)

1:00 – 1:30 | Rock throwing ceremony (into river)

1:30 – 2:30 | Breath-work & Meditation + Sound bowls
(Optional hands-on healing during the sound bowls)

2:30 – 3:00 | Closing Circle
(Herbal tea + light snack)

Investment in YOU:

Early Bird (By Nov. 1st]: \$140

Standard Ticket: \$150

* Spaces are limited to keep the retreat intimate.
Reserve your spot today!

What's included:

- Gentle yoga & meditation
- Pilates
- Restorative sound bath
- Nourishing fall-inspired lunch + seasonal snacks
(lunch included in price)
- Closing ritual + reflection circle

Saturday, November 8
10:00 am - 3:00 pm

*Guests may arrive by 9:30 am
for tea and to settle in.



Scan me to find out more and register!