



Willow Stream Spa

HEALTH & WISDOM SEMINAR - WOMEN EMBRACING WELLNESS

Sunday, March 1st, 2020

Join us for a day of wisdom that will empower women to achieve optimal health and wellbeing through holistic care. We invite women to retreat for relaxation, rejuvenation and renewal of the divine feminine and its healing powers. Over the day you will learn about women's health and wellness, enjoy spa experience, and nurture your soul in our famed geo-thermal hot springs.

GENERAL EVENT INFORMATION

SEMINAR PACKAGES (excludes accommodation)

SOUL SEARCHER - \$450.00 (3 DAY PACKAGE)

- All-inclusive seminar registration
- PLUS
- 3 day Spa access
- (2) 60 minute Spa experiences
- Wellness gift bag

WILLFUL WANDERER - \$375.00 (2 DAY PACKAGE)

- Seminar registration (including 2 workshops and 2 personal consultations)
- PLUS
- 2 day Spa access
- (1) 60 minute Spa experience
- Wellness gift bag

DAY DREAMER - \$250.00 (SINGLE DAY PACKAGE)

- Select seminar registration (including 1 workshop and 1 personal consultations)
- PLUS
- Single day Spa access
- Wellness gift bag

SPA DAY ACCESS INCLUDES:

- Roman Bathhouse access
- Outdoor geo-thermal mineral pools
- Halotherapy Sauna with Himalayan salt wall
- Aromatherapy steam room
- Rain tunnel experience

Special guest room rates available for participants.
(2 night minimum applies)

LIMITED SPACE AVAILABLE

Please phone Willow Stream Spa to book
+1 877 289 7354

EVENT TIME LINE

7:00am – 8:30am	Check-in Breakfast
8:45am – 10:00am	Key Note Speaker Monet Brooks
10:30am – 12:00pm	Morning Workshop: Ignite Your Power
12:45pm – 2:00pm	Lunch & Key Note Speaker Dr. Stephanie Riley
2:30pm – 4:00pm	Afternoon Workshop: Loving Kindness
4:30pm – 6:00pm	Mystical Soundscapes Gong Bath
7:30pm – 8:30pm	Evening Yoga Nidra

SEMINAR ACTIVITY DESCRIPTIONS

PERSONAL CONSULTATIONS (15 minutes)

CHAKRA BALANCING

Restore your energy: This offering combines energy balancing with a personalized chakra reading.

THAI MASSAGE

15 minutes of stretches with compression and pressure points. Assisting in restoring balance by releasing blocked energy.

CONSULTATION WITH DR. STEPHANIE RILEY

Specializing in services that bridge the strengths of both conventional and alternative medicine, Dr. Stephanie integrates scientific research with natural and alternative therapies to bring out the healing power of your body, mind and spirit

SEMINAR WORKSHOPS

IGNITE YOUR POWER

Re-kindle your inner divine feminine as you are guided through detoxifying, balancing, and strengthening yoga postures that will leave you feeling empowered.

LOVING KINDNESS

A meditation on land and in water the Loving Kindness workshop honors the divine feminine energy.

MYSTICAL SOUNDSCAPES GONG BATH

Move into tranquility in the vibrations of gongs, chimes, drums and voice to clear blockages in the physical, emotional and ethereal bodies. Leaving you in a state of bliss.

YOGA NIDRA

A gentle yoga practice to provide a deeper relaxation, this class is designed to help the mind and body connect in the conscious state between sleeping and waking life.