

Personalized Wellness Experience

THURSDAY, OCT 19	WELLNESS ACTIVITY	NUTRITION	EXERCISE	STRESS + SLEEP
1:00-5:00 pm Check-in	Meet the experts and receive your personalized retreat itinerary. Take a tour of WELL Spa and enjoy the amenities at your leisure - steam, sauna, spa, pool, courts, hiking trails, fitness and more.	●	●	●
6:00-8:00 pm Golden Hour Welcome Reception	Mix and mingle among al fresco food and beverage stations crafted by Grand Geneva's Culinary Team. (Al fresco, weather permitting)	●		
7:00 pm Meet The Team	Meet the Grand Geneva and Golden Rey teams. Hear from Dr. Kristen Reynolds of Golden Rey.	●		
7:00-10:00 pm Live Music	Enjoy a beverage at the Lobby Bar and listen to live music from a local artist.			●
FRIDAY, OCT 20	WELLNESS ACTIVITY	NUTRITION	EXERCISE	SLEEP + STRESS
6:00-7:00 am Yoga	Sunrise Yoga		●	
7:00-8:00 am Breakfast	Fuel for the day with breakfast featuring nutritious options. Watch a yogurt making demonstration while you eat.	●		
8:30-9:45 pm Keynote Speaker	Dr. Kristen Reynolds - <i>Wellness, emphasizing, Nutrition, Exercise, Sleep and Stress Management.</i> Preceded by an optional guided stretch	●	●	●
10:00 am-12:00 pm Choose Your Path	Strength 101 with Coach Josh. Court sports options basketball, pickleball, tennis or rock wall climbing. Nutrition coaching, Hyperbaric Oxygen Therapy, CBD massage, Pulsed Electromagnetic Therapy, BrainTap guided meditation, IV Therapy*, Salon and Spa treatments*	●	●	●
12:00-1:30 pm Lunch	Journey back to the main lodge of Grand Geneva for a family-style lunch and socializing	●		
1:30-2:30 pm Speaker Session	Dr. Kristen Reynolds - <i>Gut Health Microbiome at the Root of Health and Illness.</i> Followed by a Q&A session	●		
2:30-5:00 pm Choose Your Path	Build-Your-Own trail mix, infused water and tea. Strength 101 with Coach Josh. Court sports options basketball, pickleball, tennis or rock wall climbing. Hyperbaric Oxygen Therapy, CBD massage, Pulsed Electromagnetic Therapy, BrainTap guided meditation, IV Therapy*, Nutritional Coaching* or Salon and Spa treatments*	●	●	●
5:15 pm Farewell	Gather before departing. Guests can arrange for additional Salon and Spa treatments*			●

*Indicates additional fee required