

It's a Day Treat

@Silhouette Studio

ITINERARY

10:00 Welcome + arrival

10:30 Elevate + Enhance: yoga class

11:30 Nourish: light snack break

12:00 Dream: vision board + crystals workshop

1:30-3:00 Restore: pool + hot tub + nature walk
(in the event of rain, we will offer an additional workshop)

3:00 Reset + Receive: yoga class

4:30 Integrate + Release: fire burning + farewell

Address: 2349 Patuxent River Road, Gambrills, Maryland

Website: <https://www.mysilhouettestudio.com/>

Contact us: info@renegadeyogis.com

