

SERENITY SPA | SOUL YOGA
WELLNESS FOR MIND BODY & SPIRIT | AYURVEDA & MEDITATION

ROSEVILLE

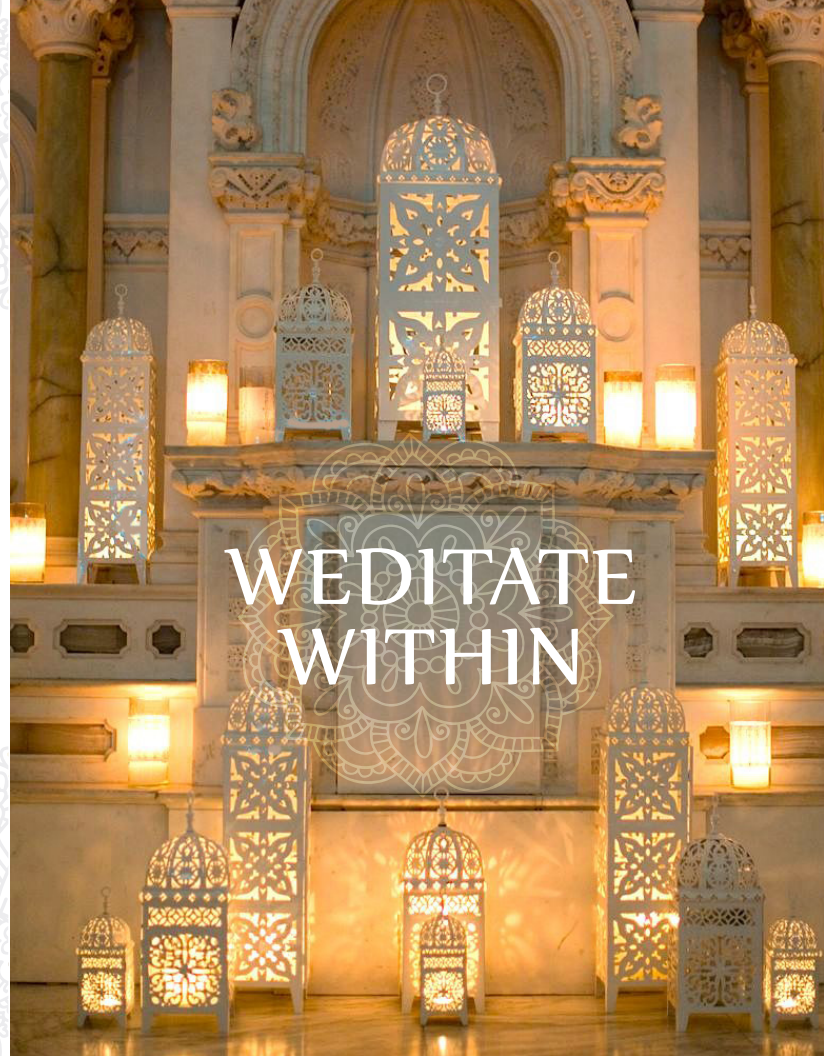
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CREATING A SOUL CONNECTION

Discover Divine Love with our wedding retreats that nurture, unite & balance while creating a mind body spirit connection.

Retreat to Wholeness: One Day

A Bride's retreat for reflection and relaxation; begin this journey by nurturing yourself and reflecting on you as a whole. The preparation of unity begins as you open your heart to receive Divine love. This retreat to wholeness includes:

- ✦ 75 min. Heart Opening Yoga Class
- ✦ 45 min. Stress Fix Foot Therapy
- ✦ 60 min. Stress Fix Massage
- ✦ 60 min. Reiki Session
- ✦ 60 min. Stress Fix Facial
- ✦ 30 min. Guided Meditation

Retreat Within for Him: One Day

This is a time to go within, to quiet the mind, and to find clarity. Connect with your authentic self in a temple of your own to balance the physical body with the ethereal mind and to awaken the Divine Spirit. Ground and govern with love to begin your journey as One. This retreat within includes:

- ✦ 75 min. Grounding Yoga Class
- ✦ 45 min. Foot Reflexology
- ✦ 60 min. Deep Sports Blend Massage
- ✦ 60 min. Reiki Session
- ✦ 60 min. Botanical Resurfacing Facial
- ✦ 30 min. Chakra Balancing

Retreat of Honor & Unity: Two Days

Experience the unity of love and indulge in the benefits of ancient yogic rituals and lifestyle principles. These teachings will transform your body and mind and awaken the divine Spirit. Learn how to increase joy, express gratitude and live from love. Immerse yourselves with the spiritual insight of holistic, healthy living. Designed for couples with the desire to embrace all things from a place of honor, unity and peace. This retreat of honor includes:

- ✦ 75 min. Heart Opening Yoga Class
- ✦ 45 min. Stress Fix Foot Therapy
- ✦ 60 min. Stress Fix Massage
- ✦ 60 min. Reiki Session
- ✦ 60 min. Stress Fix Facial
- ✦ 30 min. Guided Meditation

Retreat into Giving & Receiving: One or Two Days

The act of giving and receiving nurtures her honor and those that honor her. Gather and gain insight to clear, open, loving and lasting communication. This dynamic exchange of love is shared by each individual and expressed as beautiful friendships continue bloom. This Giving and Receiving Retreat includes:

- ✦ 60 min. Lesson on the 8 limbs of yoga
- ✦ 45 min. Rosemary Mint Botanical Foot Therapy
- ✦ 75 min. Kundalini Yoga
- ✦ 60 min. Himalayan Pink Salt Facial
- ✦ 60 min. Creative Mandala Workshop
- ✦ 90 min. Himalayan Pink Salt Massage
- ✦ Brunch is included
- ✦ 60 min. Reiki Circle

You can enjoy a slice or a few pieces of these retreats before your wedding day to help you to stay centered and inspired for the journey to unity. On site services are available and custom built for you and your wedding party.