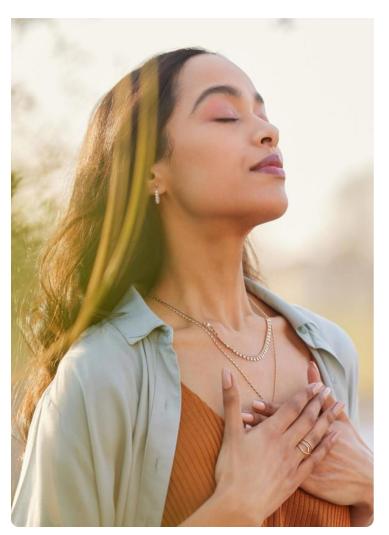
Mindful Journey



Day 1

Afternoon Arrival

4-5 p.m. | Spiritual Wellness Consultation

Through conversation, intuitive tools, and guidance, a spiritual wellness provider helps you explore your spiritual path and find new ways to integrate spirituality into your daily life.

Day 2

10-11 a.m. | Private Fitness Training

Receive a custom workout plan tailored to your unique goals. Our certified trainers craft programs based on your goals and preferences, from dance to swimming or sports.

Day 3

2-3 p.m. | Massage or Facial Treatment

Awaken your senses with spa indulgence. Choose between a revitalizing 50-minute facial treatment or tension-melting 50-minute massage service, each thoughtfully curated by our experts.

Day 4

Afternoon Departure

