



TULA WELLNESS RETREAT  
OCT 19 – 21, 2018  
Wellness inspired by nature  
A weekend of self-care focused on optimum health  
NOMI RESORT

## **SCHEDULE**

### **FRIDAY OCT 19<sup>th</sup>**

Guest arrival 3:00 pm - 5:00 pm (*welcome package*)

6:00 pm - 30 Min Meditation (*main lounge*)

7:00 pm Dinner Social

9:00 pm – Restorative Yoga with Lydia Pollock, Certified Kripalu yoga teacher

### **SATURDAY OCT 20<sup>th</sup>**

Breakfast 8:30 am - 9:15 am

9:30 am - 10:30 am *Living Well. Wisdom Session*  
with Dr. Daniel Toledano - Relax and learn how to Achieve Optimal Health.

10:30 am – 11:30 am Peppermint Halo with Masala Chai  
*Brunch and Juicing*

WELLNESS ROTATION SESSIONS : From 11:30 am – 6:15 pm

RMT Therapeutic Massage, One-on-One with Dr. Toledano, Vitamin IV – Myers Cocktail (RN administered),  
Penetrating Sauna treatments, Yoga Stretch & Breath with Marian Leeper & Lydia Pollock.  
(*Guests are placed into time slots on the wellness schedule.*)

6:30 pm Peppermint Halo, Relaxation.

7:00 pm Dinner Social A Gourmet 3 course Culinary Experience

8:30 pm Yoga Nidra.

### **SUNDAY OCT 21<sup>st</sup>**

8:30 am – 9:30 am Breakfast

10:00 am Forest Therapy, walk in nature with Marian Leeper

12:00 pm - Lunch & Departure.

# wisdom & well being

## GENERAL INFORMATION

This is a weekend that will allow you to relax and enjoy all of the offerings At Nomi Resort and we want you to feel comfortable. We encourage you to pack comfortable attire during your stay with us as you are lounging, dining and relaxing. Yoga clothes can be worn during the one-on-one sessions. You do not need to bring yoga mats as these will be provided. Robes will be provided for onsite use during wellness treatments. During your sauna time bathing suites or light clothing can be worn during this treatment along with flip flops. For outdoor walking and hiking, a light hiking shoe or boot is suggested for comfort, along with proper coat and attire to stay warm this weekend.

Let us know if you have any allergies or requests prior to dinner service.

*During your lounge time and your culinary experience with us at dinner, we are offering BYOB – no cork fees apply. Bring along your favorite bottle of wine or beverages to enjoy for the duration of your weekend stay.*

*We look forward to your stay with us.*

