



We welcome you to experience our first Well Living weekend of the year, A Joyful Reset. Wellness practitioners Charlotte Hardwick, Lindsay Bomstein and Katie White have partnered with us to present a

JOYFUL
RESET

women's focused weekend of movement, art and connection. We know you will see and feel the magic in this collaboration and will leave wanting more opportunities for a sacred pause, a deep exhale while nourishing the mind, body and soul!

FRIDAY

Afternoon check in

4 - 5:30pm Welcoming circle with Lindsay

5:30 - 6:30pm Unraveling the knots with Charlotte

7 pm Reception

SATURDAY

7 - 8:45am Breakfast at your leisure in Octagon

9 - 10:30am Group yoga

10:45am - 12:15pm Writing with Lindsay

12:30 - 3pm Lunch on own and time to choose your own afternoon adventure or to relax

3:30 - 5pm Art with Katie

5:15 - 6:30pm Meditation and restorative yoga

SUNDAY

7 - 8:45am Breakfast at your leisure in Octagon

10:45am - 12:15pm Writing with Lindsay

12:30am - 2pm Lunch on own

2:30 - 4pm Art with Katie

4 - 5pm Meditation and stretch

5 - 6:30pm Closing walk

MONDAY

7 - 8:45am Breakfast at your leisure in Octagon