



Wellness Retreat Itinerary

Bluff Dwellings Resort & HoZho Spa

\$150 Day Retreat

Yoga Class- 10:00 AM

- Our yoga class is a perfect fit for all experience levels. Take the time to breathe deeply and connect with your surroundings during the yoga session. Focus on the gentle flow of each movement, allowing yourself to be fully present in the moment. Feel the stretch in your muscles as you transition between poses, and let the serenity of the environment enhance your practice. This peaceful start to the day sets a calming tone, preparing you to embrace the adventures and experiences that await.

Guided Meditation - 11:00 AM

- Enjoy a guided meditation session where you'll be gently led to a place of inner calm and reflective stillness. This session is designed to help you release tension and cultivate mindfulness, creating a tranquil space for personal insight and emotional balance. Embrace this opportunity to deepen your understanding of your inner landscape.

Guided Journaling - 11:30 AM

- Follow up your meditation with a guided journaling exercise where you'll explore your thoughts and emotions on paper. This session provides a unique outlet for self-expression and creativity, encouraging you to document your experiences, insights, and aspirations. With gentle prompts to inspire your writing, you'll find a deeper connection to your personal journey and a greater appreciation for the transformative power of reflection. Let your words flow freely, capturing the essence of your current state of mind and the beauty of your surroundings.

Short Onsite Trail Hike - 12:00 PM

- Take a quick hike in the fresh air and sunshine to bring yourself back into your physical body and attune yourself with nature. This is a short cliffside hike which will take you up to a beautiful view overlooking the town of Bluff. This quick hike provides a stimulating physical and mental challenge as you elevate your mind and body in a physically visible level. No hiking experience necessary.

Catered Group Lunch Social - 12:30 PM

- Head back to the Conference room for a delicious catered meal in great company! Get to know the people in the group on a new level as you mingle.

Hot Tub Time + Optional Cold Plunge - 1:00 PM

- Rejuvenate in our oversized hot tub. The warm, bubbling water of the hot tub will soothe tired muscles and provide a tranquil escape, while the optional invigorating cold plunge offers a refreshing burst of energy, awakening your senses and revitalizing your spirit. Whether you choose to soak in the heat or take the exhilarating plunge, this time is dedicated to your well-being, allowing you to unwind and embrace a moment of pure indulgence.

Optional Add On's For Greater Wellbeing

- Customizable 1 Hour Massage With A Certified Massage Therapist: \$150 (Discounted Retreat Rate)
- Overnight Stay At Bluff Dwellings Resort & Spa: \$150 (Discounted Retreat Rate)



2625 US-191, Bluff, UT 84512 - events@bluffdwellings.com - www.BluffDwellings.com
Book now by emailing events@bluffdwellings.com or texting 1(435)459-0923