



Wellness Retreat at The Inn at Langley
Track A: For Grounding, Nurturing, Restoring
***Sample Guest Itinerary**

**This itinerary is intended to provide a sample snapshot of a customized experience for The Inn at Langley's Wellness Retreat Program, but please note that each guest experience will vary based on personal requests and needs.*

Monday

11:00 a.m. – 12:30 p.m.

Arrive, and begin orientation and intake consultation with Spa Director Marilyn Strong; she will provide a journal and watercolor pencil kit.

12:30 p.m. – 1:30 p.m.

Gourmet lunch in The Restaurant, prepared by Executive Chef and Innkeeper Matt Costello

1:30 p.m.

Early check-in to room, get settled

2:00 p.m. – 2:30 p.m.

Check-in to The Spa, enjoy relaxation room or steam room

2:30 p.m. – 3:30 p.m.

Yoga treatment at The Spa

Kundalini Back Treatment: A gentle, nurturing massage that uses chakra and sound healing to activate and channel the Kundalini, the dormant energy at the base of the spine, realigning the body's rhythm and restoring a balanced state. Ideal for emotionally exhausted souls, this soothing treatment has a profoundly restorative effect on the sympathetic and parasympathetic nervous systems.

3:30 p.m. – 4:00 p.m.

Tea/relaxation at The Spa

4:00 p.m. – 6:00 p.m.

Open time to rest, read, or journal

6:00 p.m. – 7:15 p.m.

Yoga class at Whidbey Island Yoga

PI-YO Class: A union of Pilates and yoga: 30 minutes of core strengthening will get you ready to open and rejuvenate into 30 minutes of multi-level yoga, with relaxation and restoratives to end.

7:30 p.m.

Light supper at restaurant of your choice; a list of recommendations will be provided at orientation; (please note that dinner fees are not included in retreat rates)

Tuesday

8:00 a.m. – 9:00 a.m.

Gourmet breakfast in The Restaurant or in-room

9:30 a.m. – 10:00 a.m.

Check-in with Marilyn at The Spa

10:00 a.m.

Steam at The Spa

10:30 a.m. – 12:00 p.m.

ila treatment at The Spa

Blissful Body Renewal Scrub / Bio-Energy Mud Wrap: Using the healing properties of Himalayan Salt Crystals, this body scrub is ideal for times when special pampering is in order. Nourishing both body and emotional well-being, it restores and relaxes the nervous system, leaving the skin glowing and the body infused with a sense of enhanced well being. This scrub is then enhanced by the addition of a wrap, drawing deeper toxins from the cells. Deeply revitalizing for the skin and lymphatic system, this wrap can promote profound healing in the energy body.

12:00 p.m. – 12:30 p.m.

Tea/relaxation at The Spa

12:30 p.m. – 1:30 p.m.

Gourmet lunch in The Restaurant, prepared by Executive Chef and Innkeeper Matt Costello

1:30 p.m. – 3:00 p.m.

Open time to rest, read, or journal

3:00 p.m. – 4:30 p.m.

Forest walk through the Earth Sanctuary: continuing to ground oneself with the earth's energies (depending upon weather).

4:30 p.m. – 6:00 p.m.

Consultation with artist/teacher/healer of choice

6:30 p.m. – 7:45 p.m.

Yoga class at Whidbey Island Yoga

Evening Burnoff: A mixed-level yoga class. Warm up to several standing Asanas, open into backbends and twists, and cool down with restoratives at the end.

8:00 pm

Dinner on own

Wednesday

8:00 a.m. – 9:00 a.m.

Gourmet breakfast in The Restaurant or in-room

9:30 a.m.

Check-in with Marilyn at The Spa

10:00 a.m.

Steam at The Spa

10:30 a.m. – 12:30 p.m.

ila treatment at The Spa

Bio-Rhythms Treatment: This powerful treatment aims to restore the body's natural biorhythms. An ionizing energy scrub and mud wrap charge and renew the bio-magnetic energy field, while a head and face marma massage soothes. The treatment ends with a Kundalini back massage to balance the nervous system and chakras.

12:30 p.m. – 1:00 p.m.

Tea/relaxation at The Spa

1:00 p.m. – 2:00 p.m.

Gourmet lunch in The Restaurant, prepared by Executive Chef and Innkeeper Matt Costello

1:30 p.m. – 3:30 p.m.

Open time to rest, read or journal

3:30 p.m. – 5:00 p.m.

Beach walk (in front of Inn if tide is out, or Double Bluff or Ebey's landing)

5:00 p.m. – 6:00 p.m.

Open time to rest, read or journal

6:00 p.m. – 7:00 p.m.

Yoga class at Whidbey Island Yoga

Movement Fusion: Mind-body cardio that integrates dance, yoga and Pilates into a FUN, soulful workout. All levels welcome! (*REALLY*).

7:00 p.m.

Dinner on own

Thursday

8:00 a.m. – 10:00 a.m.

Gourmet breakfast at your leisure in The Restaurant or in-room

10:00 a.m. – 11:30 a.m.

Exit interview with Marilyn includes a Transitional/Integration Consultation; guests will receive a small gift bag of ila products.

12:00 p.m.

Check-out and goodbyes