



**Wellness Retreat at The Inn at Langley**  
**Track B: For Rejuvenating, Energizing & Detoxifying**  
**\*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.**

ila 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.**

Morning 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

**Manipura Full Body Treatment:** Meaning 'beautiful, shining jewel' in Sanskrit, Manipura refers to the solar plexus (navel) chakra – the center of fire and sun energy that ignites our health and vitality. This treatment uses marma massage, lymphatic drainage and Himalayan herb poultices to stimulate and balance this vitality.

**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 class; includes a warm up to several standing Asanas, open into backbends and twists, and cool down with restoratives at the end.

**8:00 p.m.**

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** is 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