

# MIND • BODY • SPIRIT RETREAT

JW Marriott San Antonio Hill Country Resort & Spa  
Sample Schedule of Experiences

## Day 1

- 2:00 – 5:30 Check-In and Free time (Rooms available at 4pm)
- 5:45 – 6:15 Welcome Gathering and Introduction to Passages Retreats
- 6:15 – 7:00 Dinner
- 7:15 – 8:15 Passages to the Spiritual You—Mindfulness, Meditation, Intro to the Labyrinth

## Day 2

- 7:00 – 7:45 Group Exercise, Walk, Swim, Sleep in
- 8:00 – 8:45 Breakfast on your own
- 9:00 – 10:00 Introduction to Tai Chi
- 10:15 – 11:00 Passages to the Physical You—Core, Posture, Balance
- 11:15 – 12:30 Yoga with Tara
- 12:45 – 1:30 Lunch
- 1:30 – 3:30 Free Time
- 3:30 – 5:30 Passages to the Creative You—Art for the Joy of It!
- 5:45 – 7:15 Sharing, Socializing and Dinner—Culinary Event at Replenish
- 7:30 – 8:15 Intro to Journaling, Guided Imagery, Labyrinth Walk

## Day 3

- 7:00 – 7:45 Group Exercise, Walk, Swim, Sleep In
- 7:45 – 8:15 Morning Tai Chi and Meditation
- 8:15 – 9:00 Breakfast on your own
- 9:15 – 11:15 Silent Meditation Hike and Shared Discovery
- 11:30 – 12:15 Feed your Body, Feed your Soul—Basics of Good Nutrition
- 12:15 – 1:15 Lunch as Free Time with Box Lunches provided
- 1:30 – 3:30 Free Time
- 3:45 – 4:30 A Goddess's Guide to Exercise
- 4:30 – 6:00 Free Time—Shop, Enjoy the Resort, Relax in the Spa
- 6:00 – 6:45 Deep in the "Art" of Texas – a resort art walk
- 7:00 – 8:00 Dinner
- 8:15 – 9:00 Closing Labyrinth Ceremony

## Day 4

- 7:00 – 7:45 Group Exercise, Walk, Swim, Sleep In
- 7:45 – 8:00 Morning Tai Chi and Meditation
- 8:00 – 9:30 Breakfast on your own—Time to Pack
- 9:45 – 10:15 Closing Thoughts
- 10:15 – 11:00 Free Time
- 11:00 Check-Out (Feel Free to enjoy the Spa and resort after you check-out)

### THREE NIGHT PACKAGE - \$975 SINGLE OCCUPANCY / \$1699 DOUBLE OCCUPANCY

*Women's retreat package includes a guest room for three nights, welcome gift, group meals (breakfast on own), resort fee, daily access to Lantana Spa, 20% discount on spa treatments, 10% discount at Spa Boutique and instructor-led experiences. Available select dates each month.*



For more information, please call the Retreat Leader, Connie Barron at 512-750-6362 or the Lantana Spa at 210-491-5834.