



Women’s Day of Wellness Schedule



Opening Welcome

1:00 PM – 1:10 PM

Guests will gather for a brief welcome and overview of the day before transitioning into concurrent wellness experiences throughout the center.

	<u>Downstairs</u> Flagship <small>*Maximum 25)</small>	<u>Upstairs</u> Om <small>*Maximum 25</small>	<u>Upstairs</u> Chakra <small>*Maximum 15)</small>	<u>Downstairs</u> Lounge <small>*Maximum 15)</small>
1:15 pm - 1:45 pm	Soft Life Sound Bath	Gentle Yin Yoga	<i>“My Husband Should Be Doing This”</i> : The Signs We Miss About Stroke & Men’s Health	The Exhale Lounge
1:50 pm - 2:15 pm	Soft Life Sound Bath	Groundwork: Softness, Stress & Embodiment	<i>Mind Your Meds:</i> Wellness, Lab Work & Medication Awareness	The Exhale Lounge
2:20 pm - 2:50 pm	Breathwork for Calm & Clarity	Gentle Yin Yoga	<i>“My Husband Should Be Doing This”</i> : The Signs We Miss About Stroke & Men’s Health	The Exhale Lounge

**To help maintain an intentional and comfortable experience, each session is limited to the capacity listed above. Entry into sessions will be honored on a first come, first served basis.*

CLASSES

Breathwork for Calm & Clarity: A grounding breathwork experience designed to help calm the nervous system, reduce stress, and create mental clarity through intentional breathing and gentle movement. Participants will explore how the breath can support relaxation, emotional balance, and overall wellbeing in everyday life.

Gentle Yin Yoga: A slow, floor-based yoga practice focused on gentle stretching, deep rest, and nervous system support. This beginner-friendly class encourages softness, stillness, and ease while helping participants release tension held in the body.

Soft Life Sound Bath: An immersive sound healing experience designed to encourage deep rest, softness, and nervous system restoration. Through calming instruments, meditation, and intentional stillness, participants are invited to slow down, release tension, and simply receive.

Groundwork: Softness, Stress & Embodiment: This embodied wellness session explores how stress and emotional overwhelm are stored in the body and how movement, breathwork, and mindfulness can support healing. Participants will engage in reflective conversation alongside gentle, floor-based movement practices designed to cultivate softness, awareness, and emotional release.

DISCUSSIONS

“My Husband Should Be Doing This”: The Signs We Miss About Stroke & Men’s Health: Led by a two-time stroke survivor, this powerful conversation explores the warning signs of stroke, the impact of stress on the body, and how wellness practices like yoga support healing and recovery. This session is designed to help women better recognize signs within the men they love while encouraging proactive conversations around stress, health, prevention, and care.

Mind Your Meds: Wellness, Lab Work & Medication Awareness: Led by healthcare professionals and wellness practitioners, this educational conversation explores medication management, important lab work, and navigating today’s wellness trends with informed care. Participants will gain practical insight into making thoughtful health decisions while understanding how wellness and medical care can work together.

LEISURE

The Exhale Lounge: A self-guided wellness space created for pause, presence, and ease. Guests are welcome to rest between sessions, enjoy refreshments, journal, read, color, or simply sit in silence among greenery and sunlight. *Plants, holistic body care items and cold-pressed juices will be available for purchase throughout the afternoon. No agenda. No pressure. Just space to breathe, soften, and be.*