



GRAND WELLNESS

SCHEDULE

NOVEMBER 7-10, 2024

Schedule subject to change without notice.

a return to *Joy* coming home to yourself

SPA HOURS
Thursday-Saturday
 8:30am-7:00pm
Sunday
 8:30am-4:00pm
Monday-Wednesday
 8:30am-5:00pm
 Appointments Required
 218.963.8700

THURSDAY NOVEMBER 7

8:30am-7:00pm 25% off Spa Services (*Glacial Waters Spa*)
 4:00pm Welcome & Check-In (*Main Lodge*)
 5:00pm-7:30pm Spa Open House (*Glacial Waters Spa*)
 ~ Sampling of spa services, retail offers,
 hors d'oeuvres, wine, prizes, etc.

FRIDAY NOVEMBER 8

8:30am-7:00pm 25% off Spa Services (*Glacial Waters Spa*)
 9:00am Yoga (*NorthPark*)
 11:00am-2:00pm Sip-n-Shop (*Grand Outfitters*)
 4:00pm Welcome & Check-In (*Main Lodge*)
 5:30pm Social Hour with Heavy Apps
 (*Discover @ North Hotel*)
 6:30pm-8:00pm Opening Ceremony (*Discover @ North Hotel*)
 ~ Dive into "A Return to Joy", bonfire,
 community gathering

SATURDAY NOVEMBER 9

6:00am-9:00am Morning Tea (*Gull Lake Center*)
 7:00am-8:15am Morning Movement & Meditation
 (*Gull Lake Center*)
 8:30am Breakfast (*Gull Lake Center*)

SATURDAY NOVEMBER 9 CONTINUED

10:00am-12:00pm Workshop: Layers of Self
 ~ Knowledge sharing lecture and group
 participation
 ~ Creative exercise
 12:30pm Lunch (*Gull Lake Center*)
 1:30pm-2:00pm FREE TIME (*Gull Lake Center*)
 ~ Work on Creative Expression Piece
 2:00pm-3:00pm Workshop: Abhyanga Massage (*Gull Lake Center*)
 3:00pm-4:30pm Workshop: Nava Rasa Overview (*Gull Lake Center*)
 ~ Our relationships to our emotions and mind
 ~ Practice to connect with the emotional body
 5:30pm Dinner (*Gull Lake Center*)
 6:30pm Fire & Release Ceremony (*Gull Lake Center*)
 ~ Creating space for bliss to blossom as we release
 our old narratives
 8:00pm Gentle Movement & Yoga Nidra (*Gull Lake Center*)

SUNDAY NOVEMBER 10

6:00am-9:00am Morning Tea (*Gull Lake Center*)
 7:00am-8:15am Morning Movement & Meditation (*Gull Lake Center*)
 8:30am Breakfast (*Gull Lake Center*)
 9:00am-11:00pm Workshop: Bracelet Workshop (*Gull Lake Center*)
 ~ Creating a Talisman that represents what working
 on post retreat
 ~ Caring for the Koshas – Crafting
 your Custom Care Plan
 ~ Hold the energy of bliss and joy
 ~ Closing Ceremony
 12:00pm Check-out & Depart (*Gull Lake Center*)



MOXIE
 M A L A S
 peacefully untamed

Meet Jessica Hoch (CEO & Founder of Moxie Malas)

Jessica is a highly-rated motivational speaker with 15+ years of experience as a yoga and meditation teacher, a group facilitator, and leader of transformational retreats and workshops. Jessica works with individuals, groups, and organizations to amplify their authenticity and empower them to become the fullest version of themselves. Jessica is also the founder of Moxie Malas and holds a 500 E-RYT certification in yoga and meditation.