

# CIVANA WELLNESS

## RESORT & SPA

### Itinerary

SUNDAY

07.28.24

Arrival Day

\$250 Spa Credit

May be used any day during stay.

Appointments may be scheduled prior to arrival.

Private Group Dinner

MONDAY

07.29.24

Grab n' Go Breakfast

Private Group Yoga

Define Your Best Life: Session 1

\$175 Food and Beverage Credit

TUESDAY

07.30.24

Grab n' Go Breakfast

Private Group Sound Bath

Define Your Best Life: Session 2

\$175 Food and Beverage Credit

WEDNESDAY

07.31.24

Departure Day

Grab n' Go Breakfast

- Access to daily wellness experiences; from mindfulness, movement, culinary, personal growth to outdoor adventure and creative arts.
- Access to 5,000+ sq ft of fitness, yoga, & meditation spaces, and nearby hiking/biking trails.
- Connection with on-site wellness experts with opportunity for private sessions.
- Access to restful amenities, including main resort pool.

### Define Your Best Life Follow-up Sessions

SEPTEMBER 17

6-7pm

OCTOBER 22

120 Towerview Court

DECEMBER 3

Cary, NC 27513

