



STRATA
INTEGRATED WELLNESS AND SPA
AT GARDEN OF THE GODS RESORT AND CLUB

National Relaxation WEEKEND 2022

08/12-14

FRIDAY

AUGUST 12, 2022

LOCATION:

3PM - 5PM

Wellness Weekend Welcome

Aromatherapy Beads at Front Desk, Complimentary Chair Massage, Wellness Bundle Raffle, Brochures of Weekend Offerings

Front Desk at Garden of the Gods Resort and Club

7:30PM - 8:30PM

NEW! Sunset Drum Circle out on the Mesa

Mesa

SATURDAY

AUGUST 13, 2022

LOCATION:

9AM - 10AM

Sage Cleansing and Tibetan Singing Bowls Morning Meditation

Mesa

10AM - 11AM

Vinyasa Yoga

Terrace

10AM - 10:30AM

NEW! Wellness Elixirs by the Pool

STRATA Body Lobby

10:30AM - 11AM

NEW! Blenda by the Pool: Relaxing Aroma Beads

Infinity Pool

11AM - 12PM

Hyperice Percussive Therapy and Movement Recovery

Infinity Pool

12PM - 12:45PM

Guided Yoga Nidra Deep Siesta

Terrace

1PM - 2:00PM

NEW! Salsa Intro

Mesa

2PM - 2:30PM

Medical Aesthetics and Anti-Aging Educational Workshop

STRATA IV Lounge

2:30PM - 3PM

Dosha Discovery

STRATA IV Lounge

3PM - 3:30PM

Acupressure for Relaxation

STRATA IV Lounge

3:30PM - 4PM

NEW! Wellness Elixirs by the Pool

Infinity Pool

3:30PM - 4:30PM

Hyperice Percussive Therapy and Movement Recovery

Mesa/Terrace

4:30PM - 5:30PM

NEW! Tai Chi

Mesa/Terrace

SUNDAY

AUGUST 14, 2022

LOCATION:

8AM - 9AM

National Relaxation Day Breathwork and Mindfulness

Reflection Pool

9AM - 10AM

Sunrise Outdoor Yoga

Mesa

10AM - 10:30AM

Wellness Elixirs

Mesa, Pools