

SUNDAY

April 28, 2024

TAHOLISTIC WELLNESS EXPERIENCE SCHEDULE

8:00 AM – 9:00 AM

Qigong with Emily Weer

Experience the harmonizing power of Qigong with our skilled instructor, Emily Weer. This session will guide you through the ancient Chinese practice that combines gentle movements, deep breathing, and meditation to enhance your well-being and inner peace.

10:30 AM – 2:00 PM

Bubbles & Balance Market

Discover unique wellness offerings from local vendors and find new ways to enhance your well-being. Enjoy sipping on delightful mimosas, premium Art of Tea teas, and refreshing infused water.

9:00 AM – 7:00 PM

Lost Sauna Experience

We've partnered with the Lost Sauna Company, for an exclusive three-day offering of a sanctuary for those seeking respite from life's daily stresses. Their saunas are havens of calm, melting away tension and fostering a state of deep relaxation. Embrace the holistic health benefits that Lost Sauna Company provides.