

AUROLA

SPA — BATHHOUSE





INNER AWAKENING

A 3-DAY JOURNEY OF RENEWAL AND SELF-DISCOVERY

OCTOBER 13, 14, 15

DAY 1 - MONDAY

9:00am	Check in at Aurora Spa for arrival consultation
9:30am	Welcome
10:00am	1.5 hr Wellness Workshop
12:00pm	Lunch
11:30am - 6:00pm	Treatments / Bathhouse / Float Therapy / Self Guided Time
1:00pm	Guided Coastal Walk
3:00pm	Hotel Check In
7:15pm	Dinner
8:15pm	1.5 hr Bathhouse Ritual

DAY 2 - TUESDAY (MORNING OF SILENCE)

6:30am	Silent Yoga
7:30am	Silent Millionaires Walk
8:30am	Breakfast
9:30am	1.5 hr Wellness Workshop
12:00pm	Lunch
1:00pm - 6:00pm	Treatments / Bathhouse / Float Therapy / Self Guided Time
6:00pm	Meditation
7:00pm	Dinner
8:00pm	1.5 hr Bathhouse Ritual

DAY 3 - WEDNESDAY

6:30am	Yoga or Pilates
7:30am	Breakfast
8:30am	1.5 hr Wellness Workshop
10:00am	Treatments / Bathhouse / Float Therapy / Self Guided Time
11:00am	Hotel Checkout
11:30am	Farewell/Departure