

AURORA

SPA — BATHHOUSE





RENEWAL

A ONE-DAY IMMERSION TO RESET, RESTORE, AND RETURN TO SELF

FRIDAY OCTOBER 17

FRIDAY

9:00am	Check in at Aurora Spa for arrival consultation
9:30am	Welcome
9:45am	Yoga or Pilates
11:00am	Morning Tea
11:15am	1.5 hr Wellness Workshop
1:00pm	Lunch
2:30pm	1.5 hr Bathhouse Ritual
4:00pm	Farewell/Departure
4:15pm	Optional Treatments / Float Therapy / Mentoring Sessions