



# BEWELL

AT THE HOTEL AT AVALON

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# *Move Your Body*

Select one of our energizing and strengthening **Move Your Body** medleys for an on-site experience, with a Guiltless Breakfast, Conference Stretch Break or Wine Down Evening Reception to enhance your conference and promote physical wellness.

## **Stretch + Strengthen** by Lift Yoga Studio | \$100, unlimited attendees

A 15 or 30-minute instructor led class for your attendees, a workout that will stretch, open and release the entire body. Reconnect with your body by doing some easy warming movements followed by accessible and opening stretches that will calm your senses and leave you feeling renewed and invigorated.

## **Yoga Flow** by Lift Yoga Studio |

up to attendees 40: \$125, 41-99: \$150, 100+: \$175

During this 45 or 60-minute instructor led class, Yoga Flow is an all levels practice blending mindful movement with break to bring strength, serenity and rejuvenation. Designed to both strengthen and stretch your body at the same time, every practice is intended to be a complete experience, leaving you centered, grounded and refreshed.

## **Mat Pilates** by Club Pilates |

up to 25 attendees: \$500, 26-50: \$750, 51-100+: \$1200 + mat rental

This 50-minute center and balance class, challenges you to re-center and balance your body with standing and mat stretching. This mat Pilates class involves light movements and deep stretching that will leave you feeling long, loose and ready to take on whatever the day brings. Pilates has been proven to help reduce soreness and muscle fatigue, improve performance, decrease risk of injury and increase blood flow to your muscles.

## **Run Club** by lululemon | \$100, unlimited attendees

Get out of the boardroom and onto the streets with a fun, group run by lululemon. Encourage your team, everyone from beginners all the way to advance runners, to join in to help promote healthier lifestyles, inspiration and motivation by running.

An aerial photograph of a Pilates studio. Several people are lying on their backs on mats, performing a stretch. The mats are arranged in a grid pattern on a light-colored floor. The people are wearing various athletic wear, including tank tops, leggings, and shorts. The overall scene is bright and clean.

# *Stretch Your Limits*

In addition to our on-site **Move Your Body** medleys, we have partnered with neighboring businesses to bring you **Stretch Your Limits**. Book an off-site class at Club Pilates and pair with a Guiltless Breakfast, Conference Stretch Break or Wine Down Evening Reception to enhance your conference and promote physical wellness.

## **Club Pilates Reformer Flow |**

Studio buyout (up to 12 attendees): \$350/class

Club Pilates signature contemporary Reformer class will strengthen and lengthen the entire body for up to 12. Creatively flow from the Reformer to the springboard, EXO-Chair, barre, TRX®, and more – ensuring you never take the same class twice. Experience the benefits of classical Pilates with a twist. Two classes can be booked to accommodate 24.



# *Awaken Your Senses*

Select one of our revitalizing and sensory **Awaken Your Senses** medleys with a Restart Breakfast, Renew Break or Restore Evening Reception to enhance your conference and promote mental wellness.

## **Equilibrium Break** | 25/pp

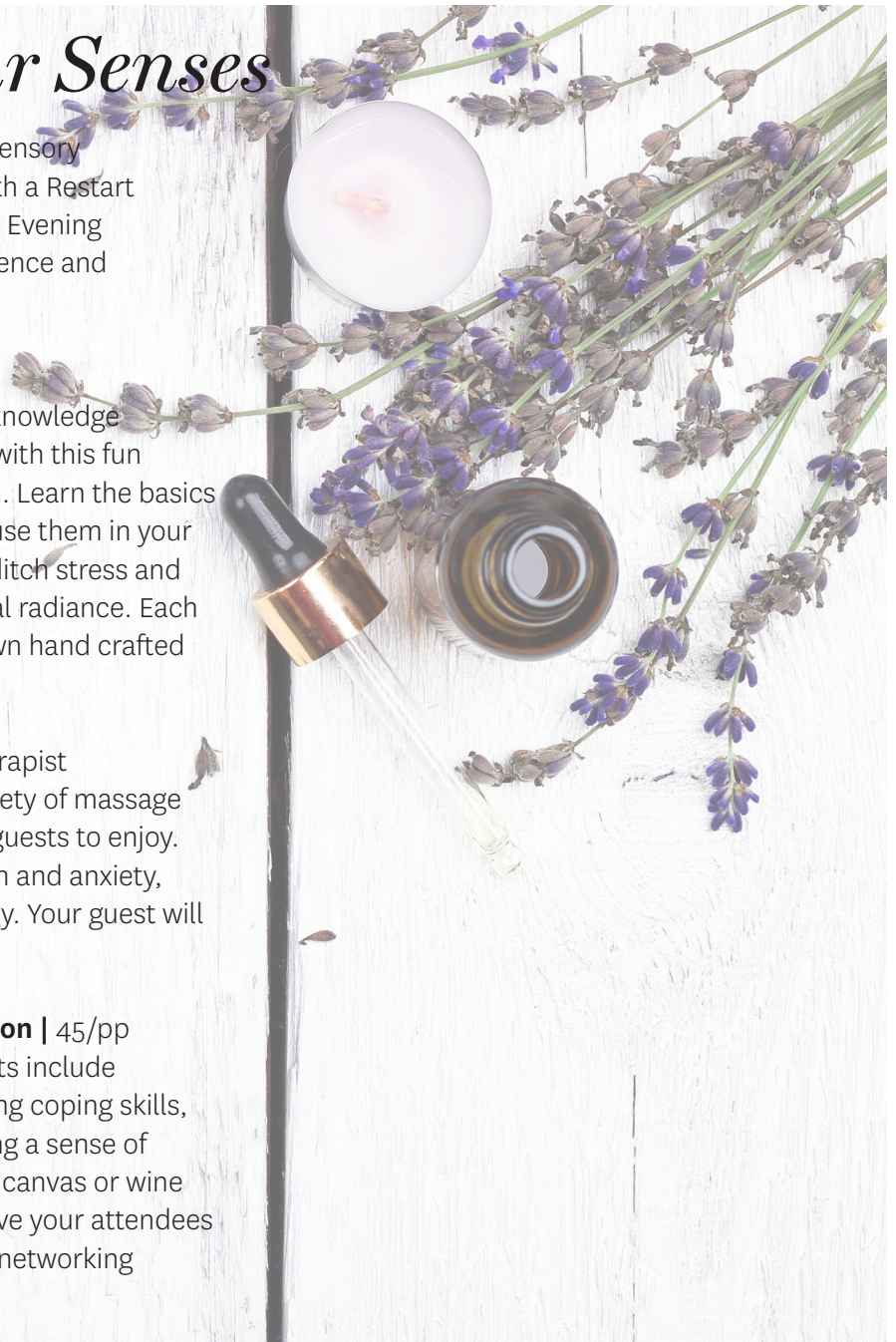
Offers your guests the space and knowledge to balance their mind and bodies with this fun essential oil aromatherapy session. Learn the basics of essential oils and how you can use them in your day to day life. Energize your life, ditch stress and negativity, and reclaim your natural radiance. Each guest will mix and receive their own hand crafted essential oil to take home.

## **Relax + Restore** | 100/hr per therapist

This relaxing selection offers a variety of massage and reflexology mini-sessions for guests to enjoy. Each technique will release tension and anxiety, create balance and increase energy. Your guest will resume calmed and revitalized.

## **Color Outside the Lines Reception** | 45/pp

Painting is not only fun, but benefits include fostering self-expression, enhancing coping skills, managing stress, and strengthening a sense of self. Our expert led group offers a canvas or wine glass paint-by-example class to give your attendees a break from the ordinary and fun networking opportunity.







# *Give Back*

Choose one of our feel good and fun **Give Back** selections with a Wake Up Breakfast, Community Break or Spirit Evening Reception to enhance your conference and promote mental wellness.

## **Shopping with a Purpose** | 10/pp

Pop Up Shops from Kendra Scott and Foxtale Pocket Squares offer your attendees to give back while shopping for their next great find. Each retailer will donate 15% back to a local charity of your companies' choice.

## **Volunteer** | 35/pp

In our ongoing commitment to give back to our local communities, Painting with a Twist® proudly sponsors - Painting with a Purpose. Proceeds from Painting with a Purpose events are donated to local non-profit organizations. Painting with a Twist has donated over 4 million dollars to local non-profit organizations such as Habitat for Humanity, Multiple Sclerosis and Odyssey House. Together, we can commit to giving back to the local community, one painting at a time.

## **Letters to Military** | 10/pp

We have partnered with A Million Thanks, an incredible non-profit whose campaign began as a community service project, with the goal of sending one million cards and letters of appreciation to U.S. military serving around the world. Give your attendees the time and space to share their gratitude to those that serve. This simple effort will send smiles across the globe.

# *Restore Lunch*

**Healthy Approach** | 55/pp

White Bean, Squash and Kale Soup

Grain Salad (V) | Quinoa, Cous Cous, Feta, Kalamata Olives, Red Onion, Roasted Peppers, Parsley, White Balsamic Vinaigrette

Homemade Hummus (V) | Grilled Bread, Crackers

Superfood Salad (GF) (V) | Blueberry, Edamame, Sunflower Seed, Baby Spinach, Orange Basil Vinaigrette

Whole Wheat Penne (V) | Roasted Vegetables, Grilled Tofu, Pesto

Roasted Faroe Island Salmon (GF) | Tomato Pepper Relish

Moroccan Spiced Chicken Breasts (GF) | Cucumber Raita

Rosemary Grilled Vegetables (GF)

Roasted Broccoli and Cauliflower (GF)

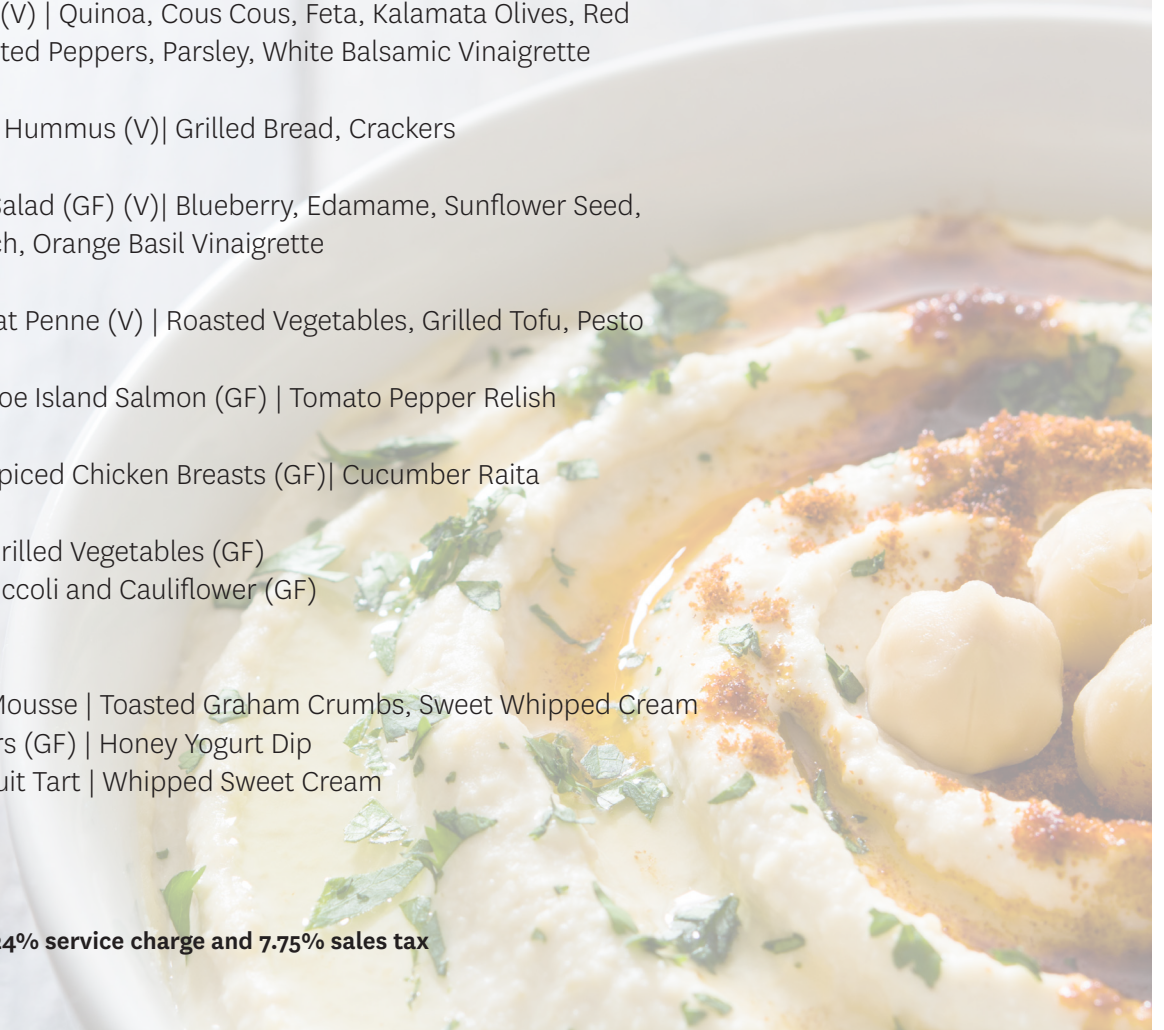
Dessert

Chocolate Mousse | Toasted Graham Crumbs, Sweet Whipped Cream

Fruit Skewers (GF) | Honey Yogurt Dip

Seasonal Fruit Tart | Whipped Sweet Cream

**Exclusive of 24% service charge and 7.75% sales tax**







# *Renew Breaks + Evening Reception*

## **Fresh Juice AM Break | 20/pp**

Fresh Cold Pressed Juice Bar

Spinach, Apple and Pear

Strawberry, Blueberry, Raspberry

Orange, Tangerine and Mango

Mixed Nuts

Assorted Granola and Energy Bars

Homemade Kale Chips

Whole Fruit

## **Farmers Market PM Break | 20/pp**

Fresh Fruit including Grapes, Strawberries, and Bananas

Fresh Breads accompanied with Assorted Artisanal cheeses

including Pimento, Havarti and Smoked Cheddar

Fresh Olives, and Tomato Tapenade

Designer Trail Mix Station

## **Chef's Tasting Reception | 65/pp**

Curried Chicken in Wonton Crisp

Lamb Chops | Jalapeño Mint Chutney

Olive Oil Fried Artichokes | Goat Cheese filling and Lemon Aioli

Butternut Squash Flatbread Pizzas | Sage, Caramelized Onions

French Macaroons

2 Hr Bar including Beer / Wine + Signature Cocktail

**Exclusive of 24% service charge and 7.75% sales tax**

## **Be Well Policies and Procedures**

All **Be Well** activities must be booked in correspondence with a food and beverage package outlined on pages 6-7. Billing will be directly through the hotel based on per person activity and catering (with the exception of Stretch Your Limits classes).

**Move Your Body** classes are offered on-site at the hotel, and require adequate room rental depending on the size of the group.

**Stretch Your Limits** classes are offered off-site, and are billed directly through Club Pilates. (Catering will be billed through hotel).

Class capacities vary, please review individual capacities per class description.

Meeting Planner is responsible for communicating with attendees about activities booked and appropriate attire.

Hotel responsible for making partnering Vendor reservations according to guarantees given by the client three (3) weeks prior.

Hotel not responsible for availability at time of reservations.

All reservations are nonrefundable and 100% cancellation applies.

Hotel is not responsible for group experience at Avalon's participating retailers and each service provider yields its own unique high level service.