

Welcome to Your Virtual Wellness Retreat!

Share in an experience full of connection, movement, relaxation, and rejuvenation with your favorite group of people.



Where? Find a cozy nook in your home (preferably with a door you can close!)

When? Date and Time TBD; 2 Hours

What to Bring? Varies based on chosen activities, e.g. yoga mat, blanket, pillow, candles, journal, a dish of bite-sized snacks, and whatever else helps you to feel relaxed!

How to Book Your Retreat? Email us at info@wellnessonlinestudio.com to set the date, and then register on the website. We look forward to connecting with you!



The
Wellness
Studio
Live with Intention

www.wellnessonlinestudio.com