

DESIGN YOUR DREAM WELLNESS RETREAT

CURATE YOUR PERFECT RETREAT WITH A MIX OF MINDFUL
MOVEMENT, SOULFUL HEALING, AND PLAYFUL SELF-CARE:

Yin Yoga & Restorative Yoga
Infrared-Heated Power Vinyasa
Vinyasa Flow
Pilates & Barre
Sound Healing

Reiki Energy Balancing
Aromatherapy & Essential Oils

Journaling Workshops

Guided Meditation

Affirmation Cards

Custom Playlists

Group Rituals & Intention Setting

Mix, Match & Manifest extras to make it yours



www.summerstreetwellness.com