

# Wintergreen Resort



## WINTERGREEN SPA TO HOST WELLNESS WEEKEND, NOV. 3-5

*'Journey to Wellness' Will Feature Yoga, Meditation, Sessions, Spa Services & More*

**WINTERGREEN, Va. (October 3, 2017)** -- Wintergreen Spa at Wintergreen Resort together with A Place to Breathe Meditation and Yoga Studio will present a weekend of yoga, meditation, spa services, and mountain serenity at Wintergreen Resort. Immerse in the tranquility of Virginia's Blue Ridge Mountains and participate in activities designed to recharge personal wellness strategies and replenish mind, body, and spirit, Nov. 3-5.

Wintergreen's peaceful setting enhances the weekend's guided activities of yoga and meditation, and informative sessions on herbal medicine and essential oils. Naturally, there will be free time to enjoy Wintergreen Spa treatments or simply enjoy the mountaintop environment.

A Journey to Wellness begins Friday evening (Nov. 3) with hors d'oeuvres and welcome information with schedule, maps, menus, and other goodies. The opening session follows with Affirmation and Journal Writing from 7:30 to 8 p.m., and Sleep Nidra (Sleep Yoga) from 8 to 9 p.m.

The Wellness Weekend registration deadline is Monday, Oct. 23, and is priced at \$225 per person before Oct. 15 (\$249 after). The rate includes Saturday breakfast, morning break refreshments, buffet lunch at The Copper Mine Bistro, Sunday breakfast, multiple sessions, and first come, first served individual yoga consultations. Free time is allowed for spa services and resort activities, including aquatics and fitness, golf, tennis, hiking, and dining.

On Sunday, a limited number of complimentary one-on-one, 20-minute consultations with the yoga/meditation instructors will be available, which provide an opportunity to ask questions and discuss appropriate home-practice plans. A sign-up sheet will be available upon arrival.

Wellness weekend guests will receive a 30 percent discount on lodging, a 20 percent discount on spa services and spa retail, and other special discounts during the event. Wintergreen Resort accommodations include 230 villa-style condominiums and rental homes, from studio suites to nine-bedroom homes, each offering a fully equipped kitchen, and comfortable living area, and most come with fireplaces and a balcony or deck.

Call 866-348-9262 for registration, lodging and spa services. For more information, call 888-329-5828 or visit [www.wintergreenresort.com](http://www.wintergreenresort.com).

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**About Wintergreen Resort:** Wintergreen Resort is an 11,000-acre, four-season resort located in the Blue Ridge Mountains southwest of Charlottesville, Va. This beautiful hideaway is the ultimate vacation and conference spot, nearly 230 condominium-style accommodations; 45 holes of championship golf; snow skiing, snowboarding and snow tubing; an award-winning tennis program; a full-service, destination spa; 40,000 square feet of meeting and event space; and savory dining options. The resort is located adjacent to the Blue Ridge Parkway in beautiful central Virginia near Charlottesville, just 90 minutes from Richmond, Va., three hours from Washington, D.C. and Raleigh, N.C., five and a half hours from Philadelphia, and eight hours from Atlanta. For more information, guests can call (434) 325-2200 or visit the resort's web site at [www.wintergreenresort.com](http://www.wintergreenresort.com).

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