



WELLNESS

WELLNESS STAGES AND RETREATS



Our intention is to offer stages and retreats dedicated to these wonderful disciplines.

For those who wish to organize their **own stage**—whether in one of these practices or related disciplines—we can **host** and **organize** it together **with you**.

- ❖ **Korean Relaxation**
- ❖ **Pilates**
- ❖ **Yoga**
- ❖ **Tai Chi**
- ❖ **Do-in**



Most of these techniques originate from ancient cultures and philosophies designed to promote **well-being**, health, peace, and inner strength.