



WELLNESS RETREAT

FRIDAY September 27, 2024	Post Oak Hotel at Uptown Houston, Live Oak Room
6:00–7:30 pm	Opening Reception

SATURDAY September 28, 2024	Post Oak Hotel at Uptown Houston, Live Oak Room
7:30–8:00 am	Continental Breakfast
8:00–9:00 am	Yoga + Meditation <i>An alignment based, breath centered, yoga practice that flows with sequences to stretch and strengthen the body, cultivate mindfulness, and relieve stress. This moving meditation encourages body awareness, increases presence, and will conclude with a centering meditation.</i>
9:00–9:30 am	Movement <i>Energizing movement sequence to ease tension in the neck, elongate and support the health of the spine with gentle backbends, lateral stretches, and twists to free the inner flow of energy.</i>
9:30–10:15 am	Refuel
10:15–11:45 am	Interactive Wellness Lecture + Workshop <i>Dive into the pillars of health and explore strategies to eat well and practices to support a healthy lifestyle. Topics covered: Work Life Balance, Eating Habits, Sleep and more.</i>
12:00–1:30 pm	Lunch
1:30–2:00 pm	Mindful Outdoor Experience <i>This practice will explore both walking and seated meditation plus breathing exercises to tap into the healing magic of nature.</i>
2:15–3:15 pm	Experiential Self-Care <i>Exploration of nourishing practices to restore the body and ground the nervous system. Areas of focus will include lower back, lower legs, and feet.</i> <ul style="list-style-type: none"> • Ayurvedic Self-Massage, Restorative Yoga, Relaxing Body Scan
3:15–7:00 pm	Spa Experience <i>Please contact Daisy Tepper, Spa Director, at 713-386-7112 or dtepper@thepostoak.com to schedule your appointments.</i>

*****Dinner Saturday Evening will be on your own**

SUNDAY September 29, 2024	Post Oak Hotel at Uptown Houston, Live Oak Room
8:30–9:00 am	Continental Breakfast
9:00–10:30 am	Movement + Meditation - 30 min Integration Workshop - 30 min Community Sharing + Reflections - 30 min
12:00 pm	Checkout of the Post Oak Hotel and head to your CNS Official Hotel to begin your 2024 CNS Annual Meeting experience.