



A TROPICAL STATE OF BALANCE: AILA WELLNESS ACTIVITIES

*All attendees will receive 25% off spa treatments at the hotel**

THURSDAY

- 2:00 pm-9:00 pm **AILA WELLNESS ROOM OPEN TO ATTENDEES**
(Lokono Room) *(Healthy Snacks and complimentary wellness offerings provided throughout the day.)*
- 5:00 pm-5:30 pm **YOGA NIDRA**
- 7:00 pm-8:30 pm **VIN, YIN & ZIN**

FRIDAY

- 7:00 am-6:00 pm **AILA WELLNESS ROOM OPEN TO ATTENDEES**
(Lokono Room) *(Healthy Snacks and complimentary wellness offerings provided throughout the day.)*
- 7:30 am-8:30 am **YOGA AND MINDFULNESS MEDITATION**
- During Breaks **CHAIR MASSAGE THERAPIST** *(Complimentary- first come, first served) (10:30 am-11:30 am, 12 pm-2 pm, 2:30 pm-3:30 pm)*
- 10:55 am-11:00 am **GUIDED MINDFULNESS MEDITATION** *(5 Mins/ Morning Break Business Track, Arawak Ballroom A)*
- 2:45 pm-2:50 pm **GUIDED MINDFULNESS MEDITATION** *(5 Mins/Afternoon Break Removal Track, Arawak Ballroom C)*
- 5:00 pm - 5:30 pm **SEATED MINDFULNESS MEDITATION** *(Removal Track, Arawak Ballroom C)*

SATURDAY

- 7:00 am-5:00 pm **AILA WELLNESS ROOM OPEN TO ATTENDEES**
(Lokono Room) *(Healthy Snacks and complimentary wellness offerings provided throughout the day.)*
- 7:00 am-8:00 am **YOGA AND MINDFULNESS MEDITATION**

Faculty: Danielle Polen has been teaching yoga and meditation in the Washington, D.C. area since 2002. She is a registered teacher with Yoga Alliance at the 500-ERYT level and teaches alignment-focused yoga, yin yoga, mindfulness meditation, and private therapeutic yoga instruction. Danielle also leads yoga retreats in both the U.S. and abroad.

**Spa discount coupon available at the AILA Registration desk or in the wellness room.*