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.