

# Wintergreen Resort

## A JOURNEY TO WELLNESS AT WINTERGREEN RESORT, SEPTEMBER 16-18



**WINTERGREEN, Va. (August 22, 2016)** —Wintergreen Resort and The Spa at Wintergreen will partner with A Place to Breathe Meditation and Yoga Studio to present “A Journey To Wellness” in Virginia’s Blue Ridge Mountains, Sept. 16-18.

This nurturing weekend will immerse participants in wellness strategies that integrate the multiple benefits of yoga, meditation, nutrition, and personal spa treatments set in Wintergreen’s mountain tranquility. Guests are welcome to book additional spa services and explore the numerous inviting amenities the resort offers.

A Journey To Wellness includes:

- Registration fee of \$199 per person
- Accommodations are offered at 35% off the best available room rate
- Guests receive a 20% discount on spa services and spa retail purchases during the event
- Welcome reception with special tasting of kombucha with Barefoot Bucha
- Gift bag with schedule, maps, menus, and other goodies
- Registration deadline is September 6
- To register call 866-348-9262

The weekend’s guided activities will replenish mind, body and spirit. Some highlights include:

- Beginners Mindful Meditation promises to demystify some of the myths about meditation and get students comfortable with basic mindfulness techniques. Using the breath as a focus point, students begin to calm the mind and explore this powerful stress reducing practice.

- Yoga Nidra (Yogic Sleep) is an ancient practice of deep relaxation. Using guided meditation (no experience required) this practice leads the student through progressive relaxation techniques. Let go, release tension and experience yogic sleep.

Wintergreen Resort accommodations options 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.

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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