

We combine healthy eating, sight-seeing activities, as well as diverse and fun workout classes while staying in our beautiful, historic Bed and Breakfast.



WOMEN'S WELLNESS RETREAT

TWO WEEK-LONG,
ALL-INCLUSIVE
WELLNESS RETREAT
AUGUST 1-13, 2021

BED & BREAKFAST

Woodstock Inn

EVENT VENUE

WoodstockInnBnB.com | 816.886.5656

and



Our Days Begin

with a delicious healthy breakfast and a walk or work out. Each day we will offer a variety of strength, cardio and/or stretch classes. Some days will have sight-seeing tours incorporated into your day as well. We will also offer educational classes such as meal prepping and goal setting. All of our activities and classes are optional but we hope you'll enjoy as many as you like.



Costs

ALL-INCLUSIVE RETREAT COST

\$1,250 to \$1,600 plus tax per week, depending on your choice of a one week or two week retreat and your choice of room. Two week retreat bookings receive two complimentary nights at the inn between the two retreat weeks. Meals other than breakfast on those days will be offered for an additional charge.

INCIDENTAL EXPENSES YOU MAY HAVE:

- Spa Treatments such as massages and facials
- Friday night restaurant meal (if you're participating in the full two-week retreat)
- Entrance fees to any museum you would like to visit
- Gratuities

PLEASE NOTE:

**A deposit of half is due no later than July 1, 2021. No cancellations less than 14 days in advance.*

Our program will begin Sunday evening with a light dinner and introductions.

A one week-long retreat option is also available. Spacing is limited to 10 guests, so book as early as you can to get your favorite room.

**We may not be able to accommodate all special diets or restrictions at this time. Please let us know if you have any special dietary needs.*

