

WANDER

THE
RESORT

THE MESSINA MOVEMENT X WANDER THE RESORT

SUMMER 2021 | SEASON PROGRAMMING

All Wander wellness programming is designed by The Messina Movement and delivered by experts in the field of movement education and human development.

Expect intentional and intelligent guidance shared with you from years of experience and training in an array of modalities.

The Messina Movement guides are committed to hosting fun, safe, healthy, inclusive, meaningful, and integral experiences.

We hope to share in some good healthy fun together at Wander with you.

ALL ARE WELCOME!

SCHEDULE:

THURSDAY + SATURDAY + MONDAY

8:00 AM - 8:15 AM : MIND WORK
(Meditation)

8:30 AM - 9:30 AM : BODY WORK
(Mixed Movement)

9:45 AM - 11:00 AM BODY WORK ON THE WATER
(SUP Yoga) * weather permitting

ALTERNATIVELY 9:45 AM - 10:45 AM BODY WORK
(Massage) * weather permitting

SATURDAY

7:30 AM - 8:30 AM BODY WORK
(Mindful Run) *weather permitting

DESCRIPTIONS:

MIND WORK: GUIDED MEDITATIONS/PROCESSES

These guided processes and meditations are all designed to help you to get to know the more subtle aspects of yourself. Each sit offers careful guidance to encourage greater presence, awareness, connection, regulation, and abundance. Give your mind the time and space to get still, peaceful, and quiet.

BODY WORK: MIXED MOVEMENT

These practices will help you to get to know your body deeply and accurately. The movements range from simple to complex and are mostly small, precise, and challenging. The pace is always slow and deliberate. We combine a variety of styles of training including Mobility Training, Yoga, Pilates, and Somatics. Give your body the love and attention it deserves.

BODY WORK: MASSAGE

These practices will help you melt all of your tension away. We use massage balls in a variety of ways to help roll out tight-feeling tissues from head to toe. Discover areas in your body that have been holding on to stress for way too long. Get the muscle relief you have been craving for.

BODY WORK: SUP MOVEMENT

Learn the ins and outs of stand up paddle boarding with a quick on land tutorial before heading out into the lake. Cruise around on the water for a little to get friendly with the lake and your board. Anchor in to explore a guided movement practice on the board that is sure to challenge your balance and stability.

BODY WORK: MINDFUL RUN

Meet your run guides for a quick check in and connect to your fellow running crew. After a brief warm up, head off onto the County route chosen by your guides. Return to the resort for a brief cool down and check out with your new pals. Get out there for sweat and an on foot tour in good company.