

ERIN CURTIS

Wellness in the Catskills

4 DAYS / 3 NIGHTS

learnbyadventure.worldstrides.com/catskills-with-erin-curtis



DAY 1

Friday, June 23, 2023

Welcome to the Catskills

- * Arrive at the hotel by your arrangements – please plan to arrive around 3pm. We are happy to help arrange both flights and ground transportation. If you arrive before check-in, the hotel will allow you to store your bags and relax in the spa.
- * We will be staying at the Scribner's Catskill Lodge (or similar). Situated in the tranquil Catskills Mountains our wellness lodge welcomes urban explorers to the beautiful year-round destination of the Catskills. With thoughtful design, friendly service, and delicious food and drinks, this will be the perfect basecamp for our escape to the outdoors.
- * Tonight, we will have a Welcome Dinner with Erin and the rest of the guests on your WorldStrides trip to the beautiful Catskills. Enjoy a wonderful, healthy dinner before enjoying an evening of s'mores and conversation.



DAY 2

Saturday, June 24, 2023

Hiking & Kingston

- * Today, Erin will join the group for morning yoga before breakfast
- * Erin and the group will take a leisurely hike with huge payoffs this morning called Giant Ledge. Five ledges adjacent to the main trail provide multiple scenic overlooks that will leave you speechless.
- * We will head into Kingston for a delicious, healthy, and well-deserved meal after our hike. Enjoying conversation and maybe some quick shopping, you'll have time to experience the town and the slower pace of life before heading back to the Lodge.
- * This afternoon, enjoy the grounds of the Lodge, book time at the spa or maybe even take a nap! You are here to connect with yourself and what your mind and body are telling you that they need.
- * We will join again for dinner tonight with Erin and the group at the Lodge.

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DAY 3

Sunday, June 25, 2023

Local Farm & Healing Sounds

- * Start the day with Erin and the group during a guided meditation to energize your mind and then head to breakfast at the Lodge.
- * Afterward, we will visit a local farm or farmers market to learn about sustainable agriculture and try some of the fantastic fresh and organic ingredients that have been a part of our diet the last few days.
- * In the afternoon, we will visit a healing sound bath - A beautiful meditation where harmonic vibrations are created by singing bowls, gongs, and other resonant instruments. While you sit or lie down, a bath of sound waves stimulates your alpha and theta brain waves which are associated with a deep meditative state. Sound healing synchronizes your brain and body, releases stress, and enhances inner peace and relaxation.
- * Finish the day with a healthy dinner out in the town.

DAY 4

Monday, June 26, 2023

Herbal Wellness

- * Start the day with yoga, facilitated by Erin! Have a wonderful breakfast at the Lodge and then get ready for the last day in the Catskills.
- * Spend the morning participating in a wellness workshop focused herbal medicine. Our guide will discuss using simple herbal preparations for glowing beauty and handsomeness. Herbs for beauty are made into teas and potions that have side benefits of increasing energy, digestion, as well as prevention of disease. She will also go over the topical use of herbs for brilliant skin and healthy hair. This class will guide you in nurturing your own unique loveliness, and help you expand and clarify your own definition of beauty.
- * We will have lunch together before saying good-bye to Erin and the rest of the group and heading to the airport.



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INCLUSIONS

- * Activities listed in itinerary
- * Daily breakfasts at hotel and select other meals
- * A full-time World Strides Tour Director
- * Hotels as noted, double occupancy
- * Transportation between locations

EXCLUSIONS

- * Travel to and from the Catskills
- * Any activity or meal not specified in itinerary

PRICE (BASED ON DOUBLE OCCUPANCY)

- * \$1,995