



THE GLENERIN INN & SPA

# THE ART OF HEALTHY LIVING

**A workshop on how to live a healthier life**

**JUNE 29, 2019**  
9am to 3pm  
\$85

**FEATURING KRISTEN OWENS, Natural Health  
Practitioner, Author, TV Personality**

Learn how to balance your hormones, reduce stress,  
eat healthier, and improve your mental and physical  
wellbeing



# SCHEDULE

for the day

**9:00 AM**

Welcome  
Coffee/tea & snacks

**9:30 AM**

Healthy Living Workshop  
with Kristen Owens

**11:00 AM**

Interactive Meal Preparation

**12:00**

lunch

**1:00 - 2:00 PM**

Ayurveda Workshop

**2:00 - 3:00 PM**

Yin Yoga  
with Marie Boulanger, RYT200

