

Blue Ridge

Winter Wellness Retreat

January 18–20, 2026 | at Hotel Roanoke, VA

Step into a season of renewal with our exclusive three-day **Winter Wellness Retreat** at the historic Hotel Roanoke. Designed for deep relaxation, mindful rejuvenation, and intentional living, this boutique experience combines luxury accommodations with expertly curated wellness programming.

What Awaits You:

- **Holistic Wellness Activities** - Daily yoga and meditation with Jeanmarie Paolillo (nationally known author and yoga/meditation instructor), a guided urban hike, a floral design class (with award-winning florist Mark Frye), and soothing spa treatment.
- **Expert-Led Insights** - Engage with guest speakers on mindfulness, the benefits of local honey, organic skincare, and corrective exercise.
- **Culinary Nourishment** - Enjoy thoughtfully prepared meals, snacks, and wine pairings, all tailored to support well-being and dietary preferences.
- **Exclusive Accommodations** - Limited to 16 guests, each stay includes serene lodging on the Hotel Roanoke's Wellness Level, with full access to retreat amenities.

Retreat Flow:

- **Day 1:** Arrival, yoga, High Tea service, mindfulness session, dinner, relaxation practices, and evening tea.
- **Day 2:** Breakfast, morning stretching, urban hike/adventure (low impact), lunch, spa treatment, yoga, interactive workshop, skincare presentation, and evening tea.
- **Day 3:** Breakfast, hands-on floral design, final yoga session, and closing reflections before departure.

Prior to the retreat, all guests will be contacted to finalize arrangements. This includes confirming room pairings for double occupancy, selecting dinner menus, and notifying us of any food allergies or dietary restrictions related to health.

This intimate retreat is an invitation to slow down, reconnect, and emerge restored - body, mind, and spirit.



Questions: marty@SpaHotelRoanoke.com

Or text (540) 520-7325

<https://www.spahotelroanoke.com/wellness-retreat>