



CNS

WELLNESS RETREAT

SATURDAY October 11, 2025	JW Marriott Los Angeles LA LIVE, Olympic III
6:00–7:30 pm	Wellness Retreat Cocktail Reception

SUNDAY October 12, 2025	JW Marriott Los Angeles LA LIVE, Olympic III
7:30–8:00 am	Continental Breakfast
8:00–9:00 am	Yoga + Meditation <i>An alignment based, breath centered, yoga practice that flows with sequences to stretch and strengthen the body, cultivate mindfulness, and relieve stress. This moving meditation encourages body awareness, increases presence, and will conclude with a centering meditation.</i>
9:00–10:00 am	Movement <i>Energizing movement sequence to ease tension in the neck, elongate and support the health of the spine with gentle backbends, lateral stretches, and twists to free the inner flow of energy.</i>
10:00–10:30 am	Refuel
10:30–12:00 pm	Interactive Wellness Lecture + Workshop <i>Dive into the pillars of health and explore strategies to eat well and practices to support a healthy lifestyle. Topics covered: Work Life Balance, Eating Habits, Sleep and more.</i>
12:00–1:00 pm	Lunch
1:00–1:30 pm	Mindful Outdoor Experience <i>This practice will explore both walking and seated meditation plus breathing exercises to tap into the healing magic of nature.</i>
1:30–2:30 pm	Experiential Self-Care <i>Exploration of nourishing practices to restore the body and ground the nervous system. Areas of focus will include lower back, lower legs, and feet.</i> <ul style="list-style-type: none">• Ayurvedic Self-Massage, Restorative Yoga, Relaxing Body Scan
2:30 pm	Retreat Adjourns
4:30–6:30 pm	CNS Opening Session