

Pennsylvania's Nemacolin Woodlands Resort Announces Lineup of Spring Wellness Workshops

FARMINGTON, PA (February 7, 2018) – Tis the season for renewal, rebirth, and rejuvenation! There's still a brisk chill in the air, but just around the corner is the promise of longer days, sunshine and blooming flowers. Ahhh ... only 41 more days until spring officially arrives on March 20. As the harsh winter weather can be brutal on both mind and body, [Nemacolin Woodlands Resort](#) is serving up a series of wellness retreats from its renowned [Woodlands Spa](#) and [Holistic Healing Center](#) to get visitors ready for the warmer seasons ahead. Here's a look at what's on tap this springtime at Nemacolin:

- **Fitness Adventure Retreats** | February 18-22; April 19-22; July 22-26; August 19-23
Offered as a series throughout the year, this adventure workshop focuses on health, fitness and fun on Nemacolin's 2,000-acre playground. Hosted by **Health Lifestyle Coach and Nutritionist Danielle Fryer**, the Fitness Adventure Retreat invites participants of all ages and fitness levels to join. Included in the retreat are luxurious overnight accommodations, daily breakfast, two to three group fitness sessions per day, a 90-minute nutrition workshop, a 120-minute fun group activity and opportunities to book one-on-one sessions. *The retreat day pass is \$175 per person. Room rates start at \$208 per person, per night, not including tax or resort fees.*
- **Ignite Your Light Retreat** | Saturday, April 21
Release your fear and discover your "inner guide" through this instructional and inspiring workshop. Led by **Kerissa Kuis, founder of the University of Wellness**, the session teaches participants how to connect with their most authentic selves. Retreat-goers will walk away with a clearer intention of their destinies, along with all the tools necessary to build and live the life of their dreams. *The Ignite Your Light Retreat is from 9 a.m. – 3 p.m. and priced at \$249 per person.*
- **Mindful Medium Weekend with Alaine Portner** | Friday, April 27 – Sunday, April 29
Gifted yogi, spiritual teacher, nationally renowned author and inspiring medium Alaine Portner is bringing her messages of guidance and clarity to Nemacolin this April. During her weekend on property, Alaine will offer a series of private and small-group sessions that provide connected readings to assist in participants' personal and/or professional journeys. *30-minute private sessions are priced at \$150 per person; small group sessions are 1.5 hours and priced at \$110 per person. Reservations are required.*

If a relaxing spa treatment sounds more like your idea of spring renewal, Woodlands Spa will be featuring restoring seasonal treatments utilizing their new skin care line, Natura Bissé. New treatments include an indulgent **Citrus Essence Facial** (50 minutes) that restores vitality and stimulates collagen production and the **Citrus Infusion Treatment** (80 minutes) that features a citrus body scrub followed by a whipped Vitamin C soufflé mask to heal winter dryness.

For more information on Nemacolin's wellness workshops, or to book an appointment, please contact a Resort Reservations Specialist at 724.780.2145. For more information on Nemacolin Woodlands Resort please visit www.nemacolin.com.

ABOUT NEMACOLIN WOODLANDS RESORT

Tucked in the Allegheny Mountains of Pennsylvania, Nemaocolin Woodlands Resort is a four-season playground nestled within 2,000 acres. Nemaocolin offers diverse lodging options, including the AAA Five-Diamond Falling Rock boutique hotel; an impressive assortment of dining outlets, including the Forbes Five-Star, AAA Five-Diamond Lautrec; and an art collection of various mediums. The adventurer may choose from a range of activities: Pete Dye-designed golf, fly-fishing or off-road driving. The Zen-seeker may find serenity in the Woodlands Spa or balance at the Holistic Healing Center. Nemaocolin also boasts 32,000 square feet of space for meetings and special events, making this resort the ideal choice for everything from weddings to corporate retreats. For more information, please visit www.Nemaocolin.com.

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