

SANTA MONICA
PROPER
HOTEL

A Proper Reset

OCTOBER 6TH - 8TH

Three-Day Wellness Retreat Itinerary

Day 1

FRIDAY, OCTOBER 6TH

2 PM	Early check in at Santa Monica Proper
4:30 PM	Meet & greet with fresh juices
5 PM	Yoga Class led by Kyle Miller
6 PM	Surya SoundBreath Ceremony
8 PM	Dinner at Calabra's Rooftop

Day 2

SATURDAY, OCTOBER 7TH

7 AM	Breakfast & journaling session led by Ben Smith
8:30 AM	Fitness class led by Kirsty Godso
10 AM	Guided meditation breathe work class + cold plunge led by Ben Smith
11-12:30 PM	Free time or Baking Class with Crosby Taylor
12:30 PM	Lunch & talk with Dr. Natazia followed by a 24k Gold Ear Seeding session
2:30-6:30PM	Detox Method by Rebecca Mini treatments & Tarot card readings by Jessica Stone
8 PM	Dinner at Palma

Day 3

SUNDAY, OCTOBER 8TH

7 AM	Breakfast at Calabra
8 AM	Yoga class led by Kyle Miller
10 AM	Mat pilates class led by Liana Levi
11:30 AM	Brunch at Palma
12:30 PM	Check out