

Body, Mind, & Spirit Experience

3 Days/ 2 Nights

A deep breath of fresh salt air, feeling the pull of the tide under your feet as you walk the shore – you can't help but feel a relaxed state of mind come over you.



Day 1 | Explore the Oceanfront by Bike

AM – Arrive in one of America's top ten fittest cities, Virginia Beach, and begin to relax and unwind. Explore our 3-mile boardwalk – run, walk or bike and take in the fresh salt air.

PM – Visit **Town Center**, where the stylish and chic all gather, spanning 17 blocks of upscale retail and nightlife. Enjoy a leisurely dinner at **Sonoma Wine Bar & Bistro**.



Day 2 | Holistic Health and Healing

AM – Wake up to the awesome sounds of the Atlantic Ocean. Head over to **Edgar Cayce's Association for Research and Enlightenment (A.R.E.)** for their **Holistic Health and Healing** experience. Grab a healthy picnic lunch at **Taste**, a locals' favorite, for sandwiches and fresh healthy fare. After lunch, head to the beach to take a walk, lie in the sand, collect shells or do your own full-body sand pack. You can pick up an instruction sheet at the **A.R.E. Health Center & Spa**. According to Edgar Cayce, the sand in Virginia Beach is unique in its balance of gold and uranium content. It's not enough to fill your pockets with gold, but you may find a sand pack to be gold for your nervous system.

PM – Indulge in a **Spa Escape** – select one of four half-day spa packages at the **A.R.E. Health Center & Spa**. Choose from restorative therapies such as facial, massage, foot reflexology, or the **Cayce Cleanse**. Enjoy a relaxing dinner by the ocean at **Waterman's Surfside Grille**.

Day 3 | Unlocking the Mystery of Your Dreams

AM – After a great night's sleep, head back to **Edgar Cayce's A.R.E.** for a unique look at the last eight hours with the **Unlocking the Mystery of Your Dreams** experience.

