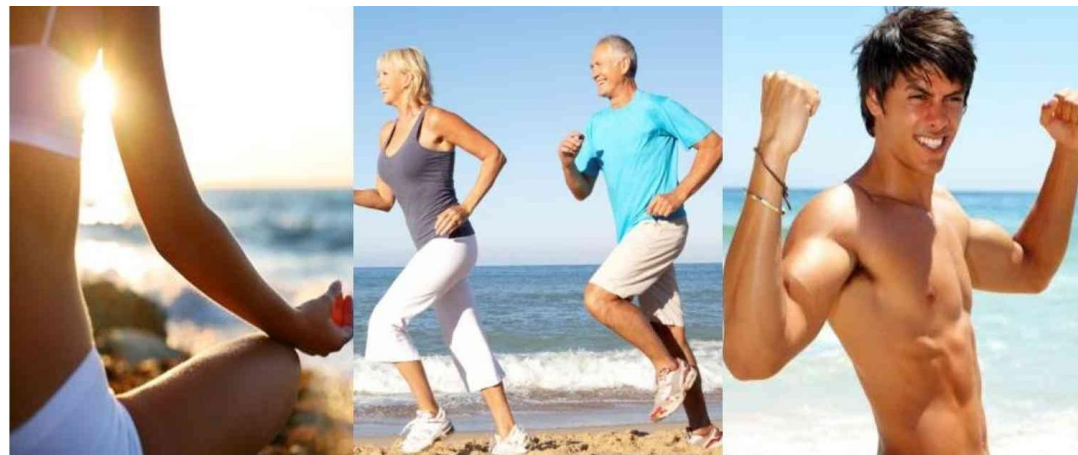


Leisure | and | Lifestyle Wellness mind body fitness



detox your body... destress your mind... rejuvenate your spirit
with Charleston Harbor Resort & Marina's Holistic Wellness Classes!

Integrating the wisdom of ancient energy work with cutting edge science... **STRESS-FREE LIVING**

Sick and tired of being sick and tired? Despairing beliefs about the economy, increased processed food consumption and high tech conveniences have left many underactive, undernourished and under stress. Yet, there is an awakening mounting as we find ourselves on a widespread search for deeper meaning and ebullience. For laughter and connection. For physical and emotional wellbeing. Learn to live a passionate life with ageless charisma! Move beyond accumulation and function and into creative design and holistic synthesis by living life in deliberate connection with your Energetic Beliefs. All ages welcome. Ask one of our friendly staff members to schedule your Stress-Free Living class.

Private Wellness Consultations available

- *MWF + Saturday and Sunday 12:15 pm – 1:00 pm / \$10 per session*
- *Must register and fill out forms at least 30 minutes before class begins*
- *All forms are available at the front desk*
- *Bring a towel, water, completed forms and meet in the lobby 5 minutes prior to class start time*