



# SUNROOM WELLNESS

## THE MINI DAY RETREAT

*A thoughtfully curated wellness experience designed to slow down, reconnect, and reset. This immersive session blends mindful movement, restorative sound, and intentional ritual to create a moment of calm within the rhythm of your event.*

*Ideal for corporate groups, leadership gatherings, and team offsites.*

### EXPERIENCE HIGHLIGHTS:

- **Soft-Flow Yoga:** A gentle, accessible yoga practice suitable for all levels, guided by a certified instructor.
- **Restorative Meditation:** Guests are guided into a restful meditation, complemented by gentle, relaxing massage to support deep relaxation and nervous system regulation.
- **Immersive Sound Bath:** A deeply calming sound experience using crystal singing bowls and resonant instruments.
- **Signature Tea Ceremony:** The experience concludes with Sunroom's signature wellness tea service, thoughtfully presented in handmade ceramics crafted by a local artist.

### THE SPACE

At Sunroom Wailea, wellness unfolds in a setting unlike any other. Refined, serene, and infused with Maui's natural beauty. An intimate, light-filled space where the ocean breeze, island views, and curated experiences create a sense of effortless elegance.



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## THE MINI DAY RETREAT

**Duration:** 2.5 Hours

**Location:** Sunroom Wailea,  
131 Wailea Ike Place. Kihei, Hi. 96753

**Capacity:** Up to 50 guests (Flexible group sizing available)

**Pricing:** Starting at \$470

\*Custom enhancements available, All experiences can be tailored to align with your event aesthetic, brand identity, and guest experience goals.

### To Book or Inquire:

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