

# INNS OF AURORA

## RESORT & SPA



E.B. MORGAN HOUSE

## Wellness Retreats

### SAMPLE GROUP ITINERARY

Anchored on the shores of a clear, clean lake and surrounded by bucolic farmland, forests, and vineyards, the tiny village of Aurora is removed from the hustle and bustle of the outside world. In this peaceful setting, gather your group for a deeply restorative experience of natural beauty, heartfelt hospitality, and immersive experiences designed to heal the body, mind, and soul.

STARTING AT \$15,000 FOR TEN GUESTS, SINGLE OCCUPANCY  
*plus service charge, taxes, and fees*

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For availability, custom itineraries, and pricing, contact AnnaMarie Vukmanovich:

[AVUKMANOVICH@INNSOFAURORA.COM](mailto:AVUKMANOVICH@INNSOFAURORA.COM)

## Day One

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3:00 P.M.

Check-in at your [private residence](#), with gracious parlors, luxurious accommodations, and on-site concierge.

5:30 P.M.

Enjoy a [guided hike on the nature trail](#) for a view of the sunset over Cayuga Lake around the campfire with a hot chocolate and s'mores. Hike back down to your residence by the glow of lantern light.

7:00 P.M.

Experience an intimate, private multi-course Chef's Table dinner around the counter at Aurora Cooks! with local wine pairings.

9:00 P.M.

Conclude the day with a grounding guided sound bath meditation or candle-lit restorative [yoga session at the Loft](#).



## Day Two

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7:00 A.M.

Organic, locally brewed coffee and homemade granola bars available in the butler's pantry of your private residence. Spend quiet time journaling or reading by one of the cozy fireplaces.

9:00 A.M.

Awaken your spirits and begin the day with a Vinyasa flow yoga class at the Loft.

10:30 A.M.

Delve deeper with an animal spirit card reading or create your very own custom tea with an herb and spice blending workshop.

### SPA DAY

Enjoy one (or more!) of the Ayurvedic-inspired treatments from our extensive menu at [the Spa](#). Soak in one of the six hydrotherapy pools, lounge by the fire in the silent Tranquility Room, gather in your private hospitality suite for group talks or workshops, and enjoy complimentary lunch and snacks in the Spa café.

6:00 P.M.

Savor the flavors of the Finger Lakes with a guided [local wine or chocolate tasting](#), or develop a unique roll-on scent with a [hands-on essential oils blending workshop](#).

7:00 P.M.

Nourish yourself with a farm-to-fork dinner at [1833 Kitchen & Bar](#) or in your private estate dining room.





SPA RECEPTION



SPA OUTDOOR POOLS



SPA SALON



SPA INDOOR POOLS



SPA TRANQUILITY ROOM



HOT STONE MASSAGE



ROWLAND HOUSE PARLOR

## Day Three

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7:00 A.M.

Organic, locally brewed coffee and homemade granola bars available in the butler's pantry of your private residence. Spend quiet time journaling or reading by one of the cozy fireplaces.

9:00 A.M.

Awaken your spirits and begin the day with a fitness class at the Loft.

11:00 A.M.

Stretch your legs and soak in the last views of Aurora prior to traveling with a 45-minute guided tour of all the Inns of Aurora estates.



AURORA