

Montage
Well  **LIVING**
JANUARY



[RENEWAL]

Montage Well LIVING

JANUARY: RENEWAL

Well Living is a celebration of the diversity of life and the people and connections that make our lives full. January will focus on physical, spiritual and mental renewal.



Renewing our mind, spirit and body can take a variety of forms. This month we have invited an array of talented artists and practitioners to guide guests on a journey to discover new forms of renewal and perhaps a new path to Well Living.

ENTIRE MONTH OF JANUARY

Mala & Mantra Trunk Show in Spa Montage

MALA. Sanskrit for garland. 108 beads together. Used in meditation for counting while chanting, reciting or mentally repeating a MANTRA.

MANTRA. Sanskrit for sound, syllable, word, or group of words capable of creating transformation.

Designed with intention. Consciously created. Fair, sustainable fashion. To nurture the soul. Mala and Mantra transports the mysteries and magic of the monasteries to your present-moment meditation. Wear these stylish prayer beads and mantras to create your own self-transformation and draw you closer to your true soul.



KATIE WHITE | ARTIST

Katie's art is heavily inspired by nature. Each creation takes on its own life, much like nature does when it unfolds. Many of her pieces greet you with a soft, serene atmosphere evoking a peaceful emotion, while others pull you in with the bold colors, telling their own story. She is drawn to the horizon line, the space where land or water meet the sky, a quiet pause at the end of the day as the sun sets, a deep exhale or a place to root yourself to the earth. It reminds her of how important it is to stay grounded in the world we live in today.

Katie received her BFA in Illustration from Washington University in St. Louis. She taught elementary art for many years and has been a professional artist for the past 5 years. In addition to Katie's studio practice, she leads watercolor workshops and retreats. This work allows her to connect with women, teaching them to use the medium as a tool to ease anxiety. Katie's painting practice is what grounds her daily. She loved sharing with others how to set intentions and being mindful with their own creativity. Katie White's artwork can be found in FLOW Gallery at Palmetto Bluff on Boathouse Row.



LINDSAY BOMSTEIN | BLOG SITANDSMILE

Lindsay is the writer and creator of the blog sitandsmile which is dedicated to pondering the meaty, messy, meaningful, and sacred stuff. Having written in journals her whole life and after studying creativity and innovation during her graduate studies in spiritual psychology, she believes creative expression through art, dance, music, and writing to be hugely beneficial to our overall well-being.

In addition to creative journaling and mindfulness workshops, she also works as a personal life coach and facilitator of women's groups and circles in Tampa where she lives with her husband, Josh, three kids, one dog, and one naughty but cute cat.

As an ongoing student of spirituality, positive psychology, creative expression, mindfulness, and human growth and development, her work is centered around matters of the soul and helping others find more meaning, authenticity, and peace in their lives. Her core belief is that there is always more right with us than wrong, and that we are much more than our diagnoses, flaws, and circumstances. "We are already whole and worthy of living a vibrant life imbued with peace, profound joy, connection, and deep meaning." It is about moving away from the need to change and fix and moving towards the practice of acceptance and compassion. And remembering that we are not human beings having a spiritual experience. We are spiritual beings having a human experience." - By Pierre Teilhard de Chardin



CHARLOTTE HARDWICK | YOGA AND NUTRITION

Charlotte Hardwick has been teaching yoga and nutritional cooking classes for the past twenty years. She also leads wellness retreats in San Francisco, Maine, Blackberry Farm in Tennessee, Costa Rica, and Mexico. Charlotte offers a proven practice built upon her studies with some of the world's top health and wellness experts with the Integrative Institute of Nutrition in New York. With over 600 hours of yoga training in teaching methodology, physiology, and philosophy. She shares authentically and from the heart and her classes are full of grace and ease around health both in the kitchen and on the yoga mat. She inspires her clients to slow down and begin where they are while encouraging them to find freedom and space in their bodies. She teaches her students to cultivate a deep awareness from a place of ease and softness. Her restorative and fluid approach to yoga is accessible and healing to everyone. At the heart of her work, she hopes to help others find a sustainable, life-long yoga practice and healthy, easy habits in the kitchen.



TANYA COLUCCI | SACRED SOUL GUIDANCE

Tanya Colucci is the founder and principal of Sacred Soul Guidance. Tanya's more than twenty years in the fitness and wellness industry have been fueled by a blend of her own physical healing needs and a deep desire to help others. Tanya has trained in a vast array of healing modalities including Myofascial Release, Visceral Manipulation, Cranial Sacral Fascial Therapy, Yoga, Meditation, Reiki, Sound Healing, and Exercise Science. Additionally, she is a certified Shaman and ordained Spiritual Minister.

Tanya's holistic mind/ body approach to healing leads her clients on individualized healing journeys through a blend of modalities channeling divine source energy for healing and guidance. Tanya began her career as a Corporate Fitness and Wellness Manager, Personal Trainer, Educator, and Mentor and has studied at some of the most renowned wellness centers.



KIMBERLY HARPER | WELLNESS CHEF & INTUITIVE HEALER

As a 20 year Veteran Critical Care Paramedic specializing in Pulmonology / Neurology and Flight Paramedic with the Department of Defense, Kimberly focuses on preventive holistic medicine. Her time spent working with Wounded Warriors at Walter Reed Army Medical Center showed her the benefits of harnessing the power of your mind, body, and spirit. She believes that by tuning into each of these areas of our lives we can experience deep healing on multiple levels, as well as transformational life changes.

Kimberly blends her extensive medical background with classical culinary training through Stratford University and her Certification as a Vegan Lifestyle Coach and Educator to create custom wellness programs in 1:1 or group sessions.



FRIDAY, JANUARY 13

**Yoga for the Nervous System
10am, Somerset**

Most of our lifestyles keep us in fight of flight as we manage fragmented schedules and meet the demands of our busy days. When our nervous systems are up regulated, other systems in our body aren't working efficiently.

A gentle yoga practice is a wonderful way to build a healthy nervous system and to restore and replenish at every level. This yoga practice will relax and restore to counteract the release of our stress hormone cortisol and rinse adrenaline from the body to combat inflammation. A strong nervous enables you to meet every event of life with calm and resilience and keeps all the muscles, organs and tissues of the body working at full efficiency. *\$45/guest*

**Yoga for Beginners
2pm, Somerset**

This class is for those that have been intimidated by yoga but want to feel more space in the body and gain strength. We will use props to accommodate any tension in the body and work with old injuries and limitations. Most of all, this is a class for everyone and every kind of body to slow down and simply begin where they are. *Complimentary*

**Writing for Healing, Meaning, and Joy
4pm, VH**

Experience free writing with heartfelt prompts and healthful practices created to help you quiet the noise and drop into your heart and soul. Learn beneficial ways to organize thoughts, feelings, and dreams. Writing is an excellent tool for quelling anxiety and helping us step into an authentic rhythm and flow that is all our own. Join us if you are looking for an accessible, lighthearted, and freeing practice encouraging self- reflection, mindfulness, and a sense of inspired well-being. Sharing is not mandatory. *\$45/guest*

SATURDAY, JANUARY 14

**Painting as a Form of Meditation
9am, VH**

Using painting to unravel the mind.

Develop a deeper healing/balance in your life, by being imaginative and playful while creating.

- Find your inner artist
- Guided meditation while painting
- Mindful techniques to get grounded
- Setting intentions
- Artistic practice to help you boost your creative confidence
- Safe environment for you to tap into your creativity

Who should take this class:

Individuals who want to find balance in their lives

People who are seeking an imaginative and playful way to create

Artists who want to expand their skills

Everyone who wants to work with creative energy

Meditators looking for a unique way to meditate

\$65/guest

**Yoga for the Lymphatic and Immune Systems
10am, Somerset**

The Lymphatic system is a system of fluid filled nodes, vessels, glands, and organs that runs throughout the body. Its main role is to clear toxins and waste from the tissues into the blood stream for removal. This yoga practice will stimulate the Lymphatic and Immune system with gentle movement. *\$45/guest*



SATURDAY, JANUARY 14

**Restorative Yoga with Essential Oils
2pm, Somerset**

Most of us ignore our need to rest and forget the benefits of restorative yoga to relax and also to build energy reserves in the body. This class is an invitation to release rigidity, tension, and pain. We will use multiple props to invite space and ease in the body. *\$45/guest*

**Writing as a spiritual practice
4pm, VH**

Ritual is a beautiful way to help us pause and pay attention to our lives. Rituals are anchors for us when life feels chaotic and scary. Ritual is also a way for us to get in touch and remember what is sacred. In this class, we will not only write but will experience a brief, heart-centered meditation, and guided visualization guiding us to our own deepest knowing. Join us if you are looking for ways to incorporate more spirituality and mindfulness into your life. Experience writing as both meditation and prayer. Sharing is optional. *\$45/guest*



SUNDAY, JANUARY 15

**Find Your Ground: Create a Calming Watercolor Landscape
9am, VH**

Learn how artist, Katie White, finds her ground while painting her serene soft landscapes.

- Learn step by step how to use watercolors to create a landscape
- Sky, water, and land techniques are included

Who should take this class:

Individuals who want to find balance in their lives

People who are seeking an imaginative and playful way to create

Artists who want to expand their skills

Everyone who wants to work with creative energy

Meditators looking for a unique way to meditate

\$65/guest

**Chakra Meditation
10am, Somerset**

Our chakras are our energy centers that are interconnected and run along the spine. Each chakra governs our specific physical, physiological, emotional, and energetic health. Awareness of the chakras offers insight into our psychological, emotional, and physical aspects of our being. I find it particularly helpful to offer insight into patterning, imbalances and where we all can get stuck, especially in times of stress. We will go through the seven chakras in a restorative or seated meditation to balance the body and the mind. *\$45/guest*

SUNDAY, JANUARY 15

**Guidelines to Vibrant Health + Lifelong Wellness
2pm, Somerset**

We are all overwhelmed by the many fads and nutritional trends available to us. Charlotte will share tips and tools that developed with clients and through her cooking classes over the last 15 years that have encouraged sustainable ways to vibrant health and realistic ways to get there. *\$45/guest*

**Writing for Transformation
4pm, VH**

This class is about writing with intention and clarity. We will write out our dreams, goals, and a personal mission statement. It is about letting go of what we wish to release and what we want more of. Join us if you are ready to release stagnate energy and encourage more light, levity, and creativity into your life. You will leave this session with a mission statement to help you affirm and manifest your dreams. Sharing not mandatory. *\$45/guest*



MONDAY, JANUARY 16

**Paint for the Process
9am, VH**

Push the intimidation aside and focus on the creative process.

So many times, we get stuck trying to make art perfect so it can hang on the wall. This workshop is for the person who may focus on the end-result and get frustrated during the moment. We focus on getting past perfection and finding our calm in the present.

- Painting with prompts
- Color Deck play

Who should take this class:

Individuals who want to learn how to release control

People who are seeking an imaginative and playful way to create

Artists who want to expand their skills

Everyone who wants to work with creative energy

\$65/guest

**Yoga for Detox
10am, Somerset**

A class to gently build heat and strength to rinse and clear the body. The class will include twists, balance postures and supported inversions.

Complimentary

TUESDAY, JANUARY 17

**Shamanic Journey with Cacao and Sound
9 – 10:30am, VH**

Shamanism is the most ancient spiritual and healing practice known to mankind. From the shamanic perspective, true healing cannot be done on the physical level and must be done on the spiritual level. Join Shaman, Tanya Colucci in this shamanic meditation and sound bath for a heart opening sound and energy experience that will allow you to release negative or stuck energy and invite in positive energy for grounding and overall wellbeing. Experience deep healing & transformation to open our heart, heal, and experience powerful manifestation through the guided Shamanic Journeying. *\$65/guest*

**Watercolor for Beginners
11:30am, VH**

This class is for first time watercolor painters! As the name suggests, this course was developed for those new to the watercolor medium.

- Encouragement and exploration!
- Basic tools and techniques which include elements of art, chapes and color theory

Who should take this class:

Individuals who want to learn something new

People who are seeking a creative practice

Artists who want to expand their skills into a new medium

Everyone who wants to work with creative energy

\$65/guest

**Self-Myofascial Release Therapy to Become Embodied
4 – 5:30pm, VH**

Each participant will be led through a personal practice of release work using a myofascial ball that will be taken home with them as a treatment plan. During this experience we will explore how to connect more deeply within our body to release tight muscles, stored emotional energy, and learn to integrate our mind, body, & spirit. *\$50/guest*

WEDNESDAY, JANUARY 18

**Surrendering to the Flow
9 – 10:30am, VH**

Tanya will use the plant medicine of Cacao to allow your heart and body to open into a blissful state before going on a guided journey and breathwork session. There is great strength exercised in letting go and allowing ourselves to be supported by divine will and universal flow. What opens up when we release control and lean into what is seeking us? This inner journey will offer an opportunity to find out. Breathwork & Cacao experiences offer an opportunity to sit in community, get out of your head and into your heart. During this session you will release that which no longer serves our highest to allow us to tap into our true essence... abundant, worthy, powerful, beautiful beings of Light & Love! Through this supportive & expansive experience, we let go of fear, stress, worry, lack, and anxiety. *\$65/guest*



WEDNESDAY, JANUARY 18

Painting as a Form of Meditation
11:30am, VH

Using painting to unravel the mind. Develop a deeper healing/balance in your life, by being imaginative and playful while creating.

- Find your inner artist
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- Setting intentions
- Artistic practice to help you boost your creative confidence
- Safe environment for you to tap into your creativity

Who should take this class:

Individuals who want to find balance in their lives
 People who are seeking an imaginative and playful way to create
 Artists who want to expand their skills
 Everyone who wants to work with creative energy
 Meditators looking for a unique way to meditate
 \$65/guest



THURSDAY, JANUARY 19

Drawing & Painting from a Photograph
9am, VH

This class uses a grid to help you draw from a photograph. Artist, Katie White, will show you how she uses a grid to draw and paint realistic flowers.

Who should take this class:

Individuals who want to learn something new
 People who are seeking a creative practice
 Artists who want to expand their skills into a new medium
 Everyone who wants to work with creative energy
 \$65/guest

Sacred Shamanic Journey with Cacao, Sound, & Energy Healing
11:30am - 1pm, VH

Shamanic Journey with Cacao led by Tanya Colucci Journeying, like meditation, is a tool for spiritual growth. During this session, participants will tune into their heart by using the powerful plant medicine of cacao to go on a guided Shamanic journey with Shaman Tanya Colucci. Cacao ceremonies date back to the Mayan and Aztec times when cacao (chocolate) beans were used for inner awakening and creativity. This ancient practice and interactive meditation will teach you how to expand and connect to your highest self, your power and truth. Heal your sacred heart & open it each session with the powerful divine-feminine essence plant medicine Cacao. Connect with your inner self to access guidance more easily. \$65/guest



THURSDAY, JANUARY 19

Demystifying the Akashic Records and Expanding Your Intuition
4 - 5:30pm, VH

The Akashic Records is the “Collective Consciousness of All That Is”.

The Akashic Records offers a powerful experience of energetic realignment so that you can uncover your unique path and show up in the world as your most confident, magnetic, and authentic self. Going deep, being available, and stepping into expansion starts with clearing space emotionally, mentally, and physically within yourself, your relationships, and within your home.

During our session we will learn the basics of what the records are (and aren't). We will learn how the energy of the Akashic Records can create healing in our lives, and learn tools to tap into that healing as part of our own daily spiritual practice.

Working within the Records will guide you to deeper relationships with self and explore tools for navigating and understanding our emotions. You will begin to release repeated traumatic patterns and stories that no longer serve your highest good. You will become more conscious and aware of your internal dialogue and how to cultivate authentic relationships within yourselves and with others. *Complimentary*

FRIDAY, JANUARY 20

Embracing Women’s Health Through a Plant Forward Diet-Kimberly
9 - 10am, VH

While the beauty and diet world would like everyone to believe the secret to healthful aging is about our appearance, science knows better: The inside-out approach is what counts. A healthy, whole foods-rich, plant-based diet is one of the healthiest lifestyle shifts one can make. This can also have amazing reproductive health impacts! Whether you’re vegan, vegetarian or simply vegetarian-inclined, you’re doing more to promote health and body function than most. Join Wellness Chef Kimberly as she explains why one should incorporate a plant-based diet in their lifestyle to ensure reproductive and hormonal well-being. *Complimentary*

Fire Ceremony
5 - 5:45pm, VH

During this fire ceremony practice we will release unwanted energies to make room for new intentions. A fire ceremony can be used to release unwanted energies and old patterns into the fire to heal at a soul level.

Tanya will lead us through this process and teach us practical ways to ground ourselves in our daily life while pulling in all the elements of nature: Earth, Water, Fire, & Air. *\$50/guest*



SATURDAY, JANUARY 21

**Meditation, Mantra & Mala Beads
9 – 10am, VH**

Mala is the string of beads used as a timing and point of focus for meditation. One repetition of a mantra is repeated for each bead. A mala is used for one's own wearing and for practice. It is said that the repetition of Japa (silent prayer) is the highest, most effective practice for inner connection. As you repeat each mantra at each bead your connection into a deeper meditative state of mind is created. In this session Tanya will lead you through a guided practical meditation practice using the beautiful Mala's from 'Mantra & Mala' to create a personalized mantra practice for you to use daily. *\$100/guest (includes a mala)*

**Cacao & Heart Alchemy Ceremony with
Energy Healing
4 – 5:30pm, VH**

Cacao has been used for centuries as a “plant medicine” due to its heart opening qualities and wide-ranging health benefits. When grown consciously, it carries a vibrational quality that opens us up to a higher level of healing. During this session we will begin with partner stretches and gentle movement to open up any tight areas in our body before moving into a guided meditative journey while receiving energy work while receiving a sound bath. Through a powerful ceremony with intention, we will be guided into the journey of the heart. You will increase your vibration with the spirit of cacao & healing sounds. This ceremony will be a unique, guided meditation, sound healing, energy healing, and hands on body work while using ceremonial grade chocolate as the facilitators aid you in releasing negative energy, past trauma, and emotional blocks, allowing you to open your heart to deeper love, gratitude, and joy. You will connect with your inner wisdom and find a greater sense of clarity and purpose. *\$65/guest*

SUNDAY, JANUARY 22

**Release & Connect Gentle Yoga Practice
9 – 10am, Somerset**

Rise in the beauty of the Lowcountry to start your morning with a gentle yoga practice to prepare your body for the day. You will learn an Ancient Sun Practice to Clear the Chakras to infuse your being with energy and connection. This session will be for everybody starting with gentle release stretches, light yoga postures, and a short meditation and breathwork to send you on your way. *Complimentary*

SATURDAY, JANUARY 28

**Power of Plants
6pm, Octagon**

In the lush and verdant land of the Lowcountry, plants abound. They give us fresh air, shade and most importantly, food. Join us for a dinner collaboration with Teresa Brandow, owner of Avocado Bleu in Bluffton and Hilton Head, for a plant-prominent dinner. *\$165/guest, optional wine pairing additional \$65/guest*



In addition to the array of programming we have scheduled, all practitioners have time available for private instruction and sessions that can be scheduled through Spa Montage.

