

The
CAPTAIN FARRIS HOUSE
Bed & Breakfast

Self-Care & Wellness Retreat

April 28~30, 2023



GET READY to immerse yourself with opportunities aimed to recharge your battery and promote overall health and well-being. This three-day retreat is designed to restore your mind, body, and soul through activities that promote self-care and wellness. Imagine starting your day with morning wellness workshops like yoga and meditation to unplug, find your inner peace, and set the stage for the rest of the day.

You will re-connect with yourself through creative

expression and stretching, experience joy and relaxation through a choice of dancing or culinary pleasures. The retreat will conclude with a Luncheon Prelude to a JS Bach Cello Concert. You will leave refreshed and rejuvenated.

The Captain Farris House has partnered with The Cultural Center of Cape Cod—just across the street—to bring an amazing line-up of self-care and wellness activities. Of course, breakfast is available as well as snacks and refreshments every day. Book now! Spaces are limited.



RE-CONNECT WITH YOURSELF through creative expression, calming experiences, and relaxation for the mind and body. Fabulous classes and events between Captain Farris House and the Cultural Center.

Weekend Program

Friday, April 28

3–5pm

Check-in & Welcome Reception

When you arrive, you will receive a tour of the inn, be shown your room, and be given an overview of the weekend. Enjoy Welcome Cocktails (or Mocktails!) and light refreshments while meeting your hosts and other guests.

7pm

Creative Expressions Paint Night with artist Susan Overstreet (with small bites & refreshments)

Saturday, April 29

8am

Coffee / tea & Light bites to go

Yoga With Lees Yunits; or

Mindful Meditation with Pete Cormier

9:30–10:30am

Breakfast

11am

Light bites to go

Free Time (optional activities include: an in-room massage,* retail therapy, a nature walk, or some quiet “me” time at the inn.)

* Can be scheduled for an additional charge

1pm

Stretching with massage therapist Dianne Voikos

3pm

Afternoon Tea

6pm

Dance & Move With Tapas with Molly Demeulenaere; or
Sip N’ Savor Culinary Experience with Chef Joe Cizynski

Sunday, April 30

8am

Coffee / tea & light bites to go

Yoga With Lees Yunits; or

Mindful Meditation with Pete Cormier

9:30–10:30am

Breakfast

12:30pm

Luncheon Prelude

J.S. Bach Cello Suites with Samuel DeCaprio

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