

GOODSTONE

Inn & Restaurant

Welcome to Goodstone Inn, where wellness meets nature. We offer a range of rejuvenating activities designed to enhance relaxation, connection, and joy for you and your wedding party. Our expert instructors and serene locations provide the perfect setting for a memorable wellness experience.

OVERVIEW

Advance Booking: 14 days required

Waiver Policy: Mandatory for all participants

Weather Policy: Activities may be moved indoors

Group Size: Up to 50 guests per class (flat pricing)

Instructor: Kimberly Evering, Rock n Flow Yoga®

Second Instructor: Available for large groups

LOCATION OPTIONS

Choose from various picturesque locations to suit your group's preferences:

- Wildflower Barn
- Private Cottage - living room or patio
- Woodsy Garden*
- Poolside*
- Pond Side*
- Hayfield*
- Wellness Activity Room (Coming Soon!)

*Outdoor locations are subject to weather /ground conditions and availability is at the discretion of Goodstone Inn management.

WELLNESS SERVICES & PRICING

Bachelorette Bliss:

Spa-infused flow - the perfect way to celebrate before the big day.

30 minutes: \$225 | 50 minutes: \$300

Crystal Sound Bowl Healing:

Experience deep relaxation with soothing sound vibrations.

15 minutes: \$127.50 | 30 minutes: \$225

60 minutes: \$375

Optional Floating Add-On:

Enhance the Sound Bowl Healing experience with a tranquil floating session. 12 available (+\$100 per session)

Wedding Day Zen:

Calm your nerves and center yourself before walking down the aisle.

30 minutes: \$225 | 50 minutes: \$300

Guided Meditation:

Find inner peace and mental clarity with our expertly guided meditation sessions.

20 minutes: \$150

Signature Workshops:

Tailored workshops designed to meet your specific corporate wellness goals.

90 minutes: \$450 each

PARTICIPANT INFORMATION & WAIVER

Prior to participation, all guests are required to complete a [waiver form](#). This ensures a safe and enjoyable experience for everyone. Our team will provide a streamlined process for collecting participant information and waivers.

NEXT STEPS

Ready to elevate your corporate retreat at Goodstone Inn? Contact **Jennifer Morrison** today to book your wellness activities.

Phone: (301) 742-3878 | **Email:** jmorrison@goodstone.com

We look forward to helping you create a memorable and impactful experience for your team!