

# GOODSTONE

## Inn & Restaurant

Welcome to Goodstone Inn, where wellness meets nature. We offer a range of rejuvenating activities designed to enhance team bonding, relaxation, and productivity for your corporate group. 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®

**Purpose Options:** Team Bonding, Relaxation, Productivity, Custom

**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

### **Gather & Ground Yoga:**

A revitalizing yoga session suitable for all levels. Connect with nature and enhance your well-being.  
*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)*

### **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 **Betsy Khashoggi** today to book your wellness activities.

**Phone:** (540) 687-3096 | **Email:** [bkhashoggi@goodstone.com](mailto:bkhashoggi@goodstone.com)

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