



2026 ASTORIA WELLNESS PROGRAMS

Join us for monthly wellness programs including a soak at Astoria Hot Springs!
Registration is required and available on the 15th of the month prior.

Astoria Wellness Programs

- Sun, Jan 4 — Morning Meditation with Rooted Mind
- Sun, Jan 11 — Yoga + Sound Bath with Medicine Wheel Wellness
- Sun, Jan 25 — Integrative Breathwork with MWW
- Sun, Feb 1 — Morning Meditation with Rooted Mind
- Sun, Feb 15 — Yoga + Sound Bath with MWW
- Sat, Feb 21 — Wellness Retreat (½ day)
- Sun, Mar 1 — Morning Meditation with Rooted Mind
- Sun, Mar 15 — Yoga + Sound Bath with MWW
- Sun, Apr 12 — Morning Meditation with Rooted Mind
- Sun, Apr 19 — Integrative Breathwork with MWW
- Sun, May 3 — Morning Meditation with Rooted Mind
- Sun, May 17 — Yoga + Sound Bath
- Sun, Jun 7 — Yoga + Sound Bath with MWW
- Sun, Jul 12 — Yoga + Sound Bath with MWW
- Sun, Aug 9 — Yoga + Sound Bath with MWW
- Sun, Sept 6 — Morning Meditation
- Sun, Sept 27 — Integrative Breathwork
- Sun, Oct 4 — Morning Meditation
- Sun, Oct 11 — Yoga + Sound Bath
- Sat, Oct 24 — Wellness Retreat (½ day)
- Sun, Nov 1 — Morning Meditation with Rooted Mind
- Sun, Nov 8 — Yoga + Sound Bath with MWW
- Sun, Nov 15 — Integrative Breathwork with MWW
- Sun, Dec 6 — Morning Meditation with Rooted Mind
- Sun, Dec 13 — Yoga + Sound with MWW

Behavioral Health Programs

- Sat, Jan 24 — Redefining Wellness
- Sun, Feb 8 — Provider Pause (Yoga + Sound)
- Tue, Apr 7 — Provider Pause (Integrative Breathwork)
- Sat, May 9 — Mindfulness Program
- Sat, May 23 — Mindful Me
- Sun, May 31 — Provider Pause (Morning Meditation)
- Tue, Sept 15 — Provider Pause (Yoga + Sound Bath)
- Sun, Oct 18 — Mindful Me

Behavioral Health Programs are complimentary thanks in part to the Community Foundation of Jackson Hole



CORE PROGRAMS:

MORNING MEDITATION

Rooted Mind will facilitate a morning meditation while soaking in the calming waters of Astoria Hot Springs.

YOGA + SOUND BATH

Yoga flow + crystal sound bowls bath + soak at Astoria Hot Springs facilitated by Medicine Wheel Wellness.

INTEGRATIVE BREATHWORK

A transformational class created to improve health, healing, increase energy, and balanced well-being utilizing the modalities of breathwork, dynamic movement, music, voice activation, intention setting, and visualization.

**SIGN UP
HERE!** ➔



ASTORIAPARK.ORG/EVENTS

Are program fees prohibitive to you?
Email: carolyn@astoriapark.org