

Unwind & Recharge with us at the Village Promenade



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Our goal

Unwind and Recharge with us at the Village Promenade Warehouse. Self-care is the best care! We decided to plan a relaxation and de-stress event for the medical students at Ball Memorial. We are partnering with Tonne Winery and giving away free bottles to every student to take home and enjoy. We have also reached out to a local yogi who has agreed to guide our guests in a relaxation and recharge session.

If the students are not interested in yoga, we would also like to offer an essential oil table where they can smell the different scents and get to take two of their favorites home! There will also be open tables to sit and socialize for the students.

- ❖ Wine locally sourced from Tonne Winery
- ❖ 17 individual bottles of wine (\$12.00 per bottle)
- ❖ Type of wine offered:

Royerton Red - A sweet, light red wine bursts with Concord grape taste. It is a well balanced wine with light fruity flavors and sweet enough to enjoy at any time.

Benefits of drinking red wine:

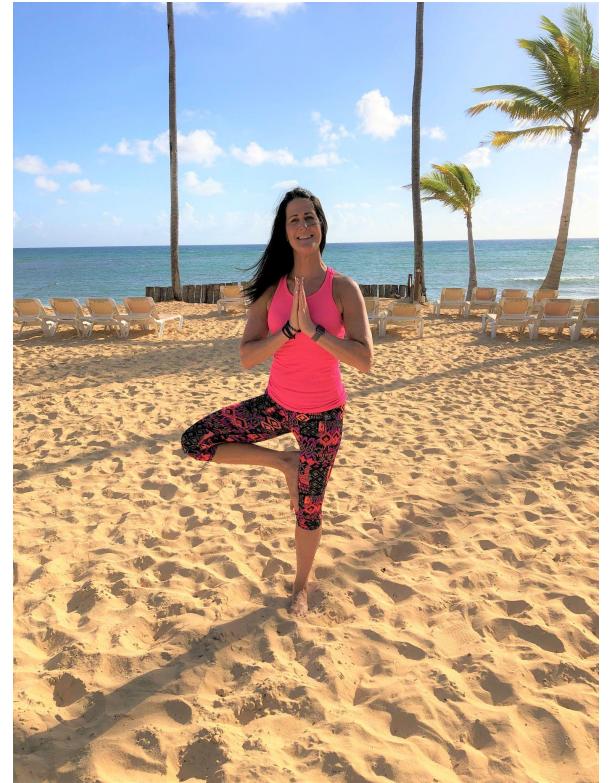
- Rich source of antioxidants
- May help to lower bad cholesterol (LDL) levels
- May reduce the risk of heart diseases
- Can help to regulate blood sugar levels
- May reduce risk of certain cancers
- Can help to keep memory sharp
- Can have positive effects on the digestive system



Yoga Instructor: Susan Van Hoosen

- ❖ Eight year yoga veteran
- ❖ RYT 200 hr certified yoga instructor
- ❖ In the process of completing her 300 hr yoga teacher certification.
- ❖ Mindfulness and Meditation Instructor
- ❖ Yoga Mats will be provided

Susan believes that yoga meets you exactly where you are, just as you are. She offers a “no judge, just love zone” where you get to relax, release and just BE as we learn to practice yoga on the mat, and in our daily lives to help live our best, healthiest, happiest, most inspired lives!



Essential Oils

Frankincense	Can help alleviate symptoms of some respiratory ailments
Eucalyptus	Often used with steam to clear sinuses because of its menthol-like aroma
Breathe	This blend may be helpful in relieving anxiety and stress when diffused
Cedarwood	Help reduce acne, support healthy skin and reduce dry scalp
Sweet Orange	Refreshing, cleansing scent can help elevate mood and reduce stress levels
Rosemary	Help improve the health of hair, scalp and skin (acne and oily skin)
Good Sleep	A perfect way to peacefully end your day and give you energy to face the next

Essential Oils

Tea Tree	Effective in reducing congestion and is often used with carrier oil to promote better skin health
Stress Relief	Diffuse this blend at home after a long workday and watch how energy levels change
Lemon	Weight loss, immunity boost, and odor elimination are common uses
Lavender	A calming, relaxing scent most often used to help promote a peaceful, soothing atmosphere
peppermint	Typically used to increase energy levels, relieve stress and soothe headaches
Robbers	The oil in this blend help protect the body from the onset of flu, colds, and coughs
Muscle Relief	This blend penetrates the skin and refreshes with the perfect amount of cooling sensations

Price Overview

Product	Price
Wine bottles from Tonne Winery	\$218.28 (17 Bottles)
Essential Oils	\$42.00
Yoga Instructor	\$150.00
Total Spent	\$410.28

Potential Upgrades

For an additional \$350.00 we can rent two full body deluxe massage chairs from A-1 for Fun located in Muncie.

Available up to for 4 hours which will cover the duration of the event.

Rather than bringing in masseuses we opted for massage chairs to eliminate any concerns with Covid.

After each use of the massage chair they can be wiped down and sanitized before the next students uses it.

Having these two massage chairs will add another way for these hard working medical students to relax while at our event. For the students who may not want to participate in the yoga session this would be a great alternative way to relax.

Location:

We plan to host our event at the VP Warehouse. We will be hosting on a Thursday evening after dinner on April 14th.



Hope to see you there!

