

INNS OF AURORA

RESORT & SPA



E.B. MORGAN HOUSE

Wellness Retreats

SAMPLE GROUP ITINERARY

Anchored on the shores of a clear, clean lake and surrounded by bucolic farmland, forests, and vineyards, the tiny village of Aurora is removed from the hustle and bustle of the outside world. In this peaceful setting, gather your group for a deeply restorative experience of natural beauty, heartfelt hospitality, and immersive experiences designed to heal the body, mind, and soul.

Day One

3:00 P.M.

Check-in at your private residence, with gracious parlors, and luxurious accommodations.

5:30 P.M.

Enjoy a guided hike on the nature trail for a view of the sunset over Cayuga Lake around the campfire with a hot chocolate and s'mores. Hike back down to your residence by the glow of lantern light.

7:00 P.M.

Experience an intimate, private multi-course Chef's Table dinner around the counter at Aurora Cooks! with local wine pairings.

9:00 P.M.

Conclude the day with a grounding guided sound bath meditation or candle-lit restorative yoga session at the Loft.



Day Two

7:00 A.M.

Organic, locally brewed coffee and homemade granola bars available in the butler's pantry of your private residence. Spend quiet time journaling or reading by one of the cozy fireplaces.

9:00 A.M.

Awaken your spirits and begin the day with a Vinyasa flow yoga class at the Loft.

10:30 A.M.

Delve deeper with a Sky Sound Journey, providing a space and an opportunity for you to achieve a meditative state with the assistance of the sacred sound instruments.

SPA DAY

Enjoy one (or more!) of the Ayurvedic-inspired treatments from our extensive menu at the Spa. Soak in one of the six hydrotherapy pools, lounge by the fire in the silent Tranquility Room, gather in your private hospitality suite for group talks or workshops, and enjoy complimentary lunch and snacks in the Spa café.

6:00 P.M.

Savor the flavors of the Finger Lakes with a guided local wine or chocolate tasting, or develop a unique roll-on scent with a hands-on essential oils blending workshop.

7:00 P.M.

Nourish yourself with a farm-to-fork dinner at 1833 Kitchen & Bar or in your private estate dining room.





SPA RECEPTION



SPA OUTDOOR POOLS



SPA SALON



SPA INDOOR POOLS



SPA TRANQUILITY ROOM



HOT STONE MASSAGE



ROWLAND HOUSE LIBRARY

Day Three

7:00 A.M.

Organic, locally brewed coffee and homemade granola bars available in the butler's pantry of your private residence. Spend quiet time journaling or reading by one of the cozy fireplaces.

9:00 A.M.

Awaken your spirits and begin the day with a fitness class at the Loft.

11:00 A.M.

Stretch your legs and soak in the last views of Aurora prior to traveling with a 45-minute guided tour of all the Inns of Aurora estates.



AURORA