

**HIGH HAMPTON INN'S WELLNESS RETREATS OFFER VISITORS A HEALTHY VACATION**  
*Highlights Include Yoga, Organic Cooking Classes, Spa Treatments and More*

CASHIERS, NC – De-stress and unwind at High Hampton Inn's annual Wellness Retreats, which will take place June 11-14th and October 1-4th. Hosted by certified yoga instructor Lee Anne MacDade, the Wellness Retreats will provide participants with a whole-body healthy experience. Highlights of the four-day event include yoga sessions, informative health seminars, organic cooking classes, and spa treatments. Rates are \$242 per night, double occupancy and \$178 per night for a single occupant, with taxes and service fees additional. The Wellness Retreat Package includes lodging, all meals, instructor's fees, yoga sessions, organic cooking classes, spa treatments and other recreational activities.

The four-day June program will feature a variety of activities, including discussions, seminars, hands-on classes, spa treatments, and yoga sessions. On the first full day, attendees will learn about the benefits of acupuncture from Dr. Jim Johnson and proper posture from Dr. Eric Richards. MacDade will host a Yin Yoga session, which is a quiet meditative style of yoga that focuses on attaining lasting flexibility in the muscles and deeper opening in the joints, especially in stubborn areas like the hips, hamstrings and lower back. Day two will include seminars from Dr. Eric Richards on hormonal balance and weight loss and nutrition from Hank Miller. Chef Sean Ruddy's healthy cooking demonstration will teach guests how to make healthy meals at home. MacDade will also host an open forum class where she will offer a refresher course on the most commonly used yoga poses. The final day of the retreat will include MacDade working with guests to find their yoga flow, allowing them to transition through a series of poses in a graceful manner. During the retreat, guests may choose one 50-minute spa session from a selection of pampering treatments including Ashiatsu, Swedish and Warm River Stone massages; a Customized Massage, Hampton Signature Facial, European Facial, Spa Signature Nail Treatment, Deep Renewal Back Treatment, or a Body Wrap.

At the Wellness Retreat, yoga experts and novices alike will be able to perfect their form, enhancing their strength, flexibility and confidence while rejuvenating their minds, bodies, and souls.

For additional information on the Wellness Retreats and High Hampton Inn or to book this rejuvenating opportunity, please call (800) 334-2551 or visit [www.highhamptoninn.com](http://www.highhamptoninn.com).

**Calendar Listing**

**What:** Wellness Retreats at High Hampton Inn

**When:** June 11-14 and October 1-4

**Where:** High Hampton Inn in Cashiers, NC

**Cost:** Double occupancy is \$242 per night and single occupancy is \$178 per night. The price includes lodging, all meals, instructor's fee, yoga sessions, organic cooking classes, spa treatments and more. Taxes and service fees are additional.

High Hampton Inn's Wellness Retreats provide guests with a whole-body healthy experience. Highlights include yoga sessions, organic cooking classes, spa treatments and more. The Wellness Retreats will be hosted by certified yoga instructor Lee Anne MacDade, who specializes in Vinyasa Flow. For additional information or to book this rejuvenating opportunity, please call (800) 334-2551 or visit [www.highhamptoninn.com](http://www.highhamptoninn.com).

The historic High Hampton Inn & Country Club, listed on the National Register of Historic Places, is a classically rustic stone-and-wood mountain inn overlooking the spectacular scenery of North Carolina's sliver of the Blue Ridge Mountains. Amenities at this 3,600-foot elevation, 1,400-acre, 117-room resort (with lodge rooms, cottages and cabins, all with private bath) include myriad seasonal events (children's programs, golf and tennis clinics, wildflower workshops), an 18-hole George W. Cobb-designed golf course, a full dining room with three sumptuous buffets daily, six tennis courts and a 35-acre lake for swimming, boating, fishing and other water-related activities. For more detailed information, contact the High Hampton Inn & Country Club at 1525 Highway 107 South, Post Office Box 338, Cashiers, North Carolina 28717. Visit the inn at [www.highhamptoninn.com](http://www.highhamptoninn.com) or contact reservations toll-free at (800) 334-2551.

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