

# 2016 Jones Family Reunion

*After this weekend, you'll feel like you have a brand new colon!*

## Food!

We have some old favorites mixed with new options! Here are some examples!

### Breakfast

- Smoothie bar every morning. Pick from spinach, chia seeds, protein powder, and wheat grass!!!



### Lunches

- Veggie burgers  
- Kale and beet salad  
- Quinoa stuffed portobello mushroom



### Dinners

- Jackfruit tacos  
- Grilled eggplant with cauliflower mashers

## Saturday is CHEAT day!

We said old favorites, so Saturday is our cheat day. Everyone will get 7 chocolate chips and a can of Diet Pepsi to share with their family!

## Saturday Fun Run!



Get that heart pumping with a quick 10K at 7,150' elevation!

*Oxygen and IV's available at the halfway point.*

## Don't forget the little ones!

Of course we have lots of fun for the kiddos! Zumba, Intro to Reiki, 101 Ways to Cook with Tofu, and Zen fingerpainting.

## Interpretive Dance Classes

No course, plan, or instructor! Just show up and show off your moves!

## Make your own cheeses

Different flavors using tofutti and soyatoo.



## Spa Water

We'll have delicious spa water available throughout the day. Flavors include Orange/Cardamom and Cucumber/Cilantro\*.



## Guided Meditation

Explore meditation processes through different guided meditations and visualization practices each afternoon

Falling asleep is not uncommon in these courses. Outlets for CPAPs will be available.

## 5:30 AM Yoga Classes

The upper room in the lodge will be converted into a Hot Yoga studio. Lead by Uncle Keith



*\* Pepsi products may be purchased by doing pushups or situps.*