



Renaissance

Grand Opening

Saturday, June 17 9:00am to 5:00pm

9:00am to 11:00 Yoga for Stress Relief

From our room (and deck—weather-permitting) overlooking the Strait, join Yoga Instructor, Heather Hummell for two hours of focused attention to the art of yoga and its power to help manage the everyday stressors to body and soul. This workshop is free, but limited to 15 people.

Call Renaissance at 565-1199 to reserve your spot for the yoga workshop soon!

All day long

Delicious treats, good company, and an hourly drawing for free massage. Come by and check out the fantastic renovations of the old pilot boat captain's house, take in the view that captured the mariner's heart, and learn more about Renaissance.

11:00-12:30 Taste Organic, Fair Trade Coffees Grown Around the World, Across the Roasts

with our Coffee Docent, Angie Ball.

We'll taste **Caffe Ibis'** triple certified coffees: a bright blend from Chiapas, a spicy, politically-empowering brew from the Peruvian Andes, and deep, chocolately coffees from Sumatra and Ethiopia. Learn a lot about coffee along the way!

2:00-3:30

Travel the Exciting World of Organic Teas and Botanicals.

Join us on a trip around the world of **Rishi** Teas—the freshest teas you will ever taste in North America! Imagine rare white teas, antioxidant-packed greens, exciting Rooibos and other spicy botanicals, and with smoky black teas to increase your mental clarity and stir your senses!

11:00am to 5:00pm
Massage-A-Palooza!!



The Renaissance staff does what we know best: **MASSAGE!** On June 17th it's half price all afternoon! Enjoy chair massage at 50¢ a minute. Meet the Renaissance massage therapists, take a deep breath, and relaaaaax...