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## Discover Your Inner Chill at Margaritaville Lake Resort's Wellness Weekend Retreats

**Montgomery, Texas (March 28, 2022)** – Take your body, mind, and spirit on a journey of self-care and wellness at Margaritaville Lake Resort, Lake Conroe | Houston's "[Discover Your Inner Chill](#)" weekend retreats, taking place April 8-10 and April 29 through May 1.

"Margaritaville Lake Resort, Lake Conroe | Houston looks forward to offering these unique weekend retreats. Attendees will experience self-care through many forms, including movement, meditation, nature, food, and a variety of wellness activities," said Carrie Harmon, Director of Spa Services at the resort. "Our goal is for participants to learn healthy, practical habits during our retreats and then integrate them into their own busy lifestyles back home."

Guests participating in the wellness weekend will hear from several subject matter experts throughout the retreat, including Dr. Deb Kern, author of *Everyday Wellness for Women* and *Create the Body Your Soul Desires*. Kern will lead a class entitled, "Relax to Heal: Gentle Stretching, Breath, and Sound Meditation." A Black Belt Nia teacher, she is a certified Integral Hatha Yoga teacher, a Phoenix Rising yoga therapist, and a mindful change coach.

Brenda Thompson, who serves as a group fitness instructor and personal trainer at the resort will lead a restorative yoga session as part of the activities. There also will be a digestive health class facilitated by health and wellness expert Paula Hoffart. Participants will take a tour of the proper functions of the digestive system and discuss how "gut health" plays a major role in your overall well-being. Finally, Jennifer Burton, owner and founder of a local juice company, Raw Creations, will teach a juicing class to round out the weekend of wellness activities.

"Each day of these retreats is designed to nourish you, restore your mind, and provide practical guidance for bringing greater self-care and vitality to your current routine," said Harmon.

Attendees will meditate, play, create, and enjoy deeply meaningful connections while living in resort luxury and experiencing the relaxing environment of a lakeside retreat.

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The weekend packages include:

- Accommodations for two nights in a luxurious suite with a private furnished balcony and beautiful views of Lake Conroe.
- Freshly prepared meals using local and organic ingredients.
- Integrated wellness activities, including yoga, meditation, and a guided walk to help you decompress.
- Access to various wellness workshops designed to educate and empower attendees on the importance of health and well-being.
- A Margaritaville-inspired health and wellness welcome amenity.

To learn more about the “Discover Your Inner Chill” weekend retreats and book your reservation, visit <https://www.margaritavilleresorts.com/margaritaville-lake-resort-lake-conroe/exclusive-offers/discover-your-inner-chill>.

### **About Margaritaville Lake Resort, Lake Conroe | Houston**

The Margaritaville Lake Resort, Lake Conroe | Houston, an all-suite resort, features 335 guest suites; including 32 lakefront cottages, on 186 lakefront acres on Lake Conroe. It is the first Margaritaville Resort in Texas. Bars and restaurants feature signature Margaritaville dining concepts – the LandShark Bar & Grill with boat slips on Lake Conroe, the 5 o’Clock Somewhere Bar, the Lone Palm Pool Bar, the License to Chill Bar & Café, Joe Merchant’s Coffee & Provisions, Boathouse Bar and Lounge, and a Margaritaville Retail Shop.

Margaritaville Lake Resort, Lake Conroe | Houston offers an array of recreational activities: an 18-hole golf course, a three-acre waterpark with a lazy river and outdoor pools, pickleball, tennis, swimming, boating, and fishing. Margaritaville’s popular full-service St. Somewhere Spa, and a spacious, Fins Up Fitness Center, provide exceptional wellness options. With 72,000 square feet of indoor/outdoor IACC-approved meeting space, the resort can host special events and meetings of every size. Located just an hour from Houston and about three hours from the major hubs of Austin, Dallas and San Antonio, the resort is within easy reach of over 19 million Texans. The project is a joint venture of Songy Highroads (SHR) and The Wampold Companies. The Margaritaville Lake Resort, Lake Conroe | Houston, is part of BENCHMARK®, a global hospitality company’s Benchmark Resorts & Hotels portfolio.

### **About Benchmark Pyramid**

Benchmark Pyramid was formed by the 2021 merger of two hotel and resort management companies, creating the most owner-focused, experiential company in the industry and its best workplace. The organization’s global portfolio spans more than 240 properties in the U.S., Caribbean and Europe. It maintains offices in Boston; The Woodlands, Texas; Cincinnati; and London. For more information, visit <https://link.edgepilot.com/s/572d5ef4/mpYNmZgk700A6ImvMoV-Jw?u=http://www.benchmarkpyramid.com/>.

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