



The Lodge at Woodloch Enables Guests to Seek Herbal and Holistic Harmony with Each Season

Master Herbalist Nathaniel Whitmore provides harmonizing workshops
to balance the mind, body and environment

For Immediate Release: Hawley, PA- “To everything, there is a season, Turn! Turn! Turn!” chimed The Byrds. The Lodge at Woodloch, a destination spa resort, answers back to nature with the announcement of a new workshop series, Herbal and Holistic Harmony with the Seasons. Master Herbalist, Nathaniel Whitmore has developed a series of weekend workshops to teach guests about the ever-changing seasons and how to keep the body and season in perfect balance.

“As the ancient Chinese Proverb goes, *don’t push the river, it flows by itself*, and that is exactly the goal of harmonizing the body with the seasons...to find its natural flow,” explains master herbalist Nathaniel Whitmore of The Lodge at Woodloch. “Getting the body in sync with the seasons will make you a happier, healthier person and these weekend workshops aim to give guests practical information to become more harmonized and balanced.”

The regularly scheduled workshop series will occur at each change of the season, around the Solstice date. Each workshop will have a component to allow for a holistic point of view converging the mind, body and environment. A Chef’s Demonstration will combine the expertise of TREE Restaurant’s talented Chef team along with Nathaniel Whitmore, fitness classes will focus on the proper energy and organs such as T’ai Chi and Yoga and special weekend Herbal Spa treatments will focus on corresponding herbs and healing to further harmonize the body. Sessions can be taken as a series or each class can stand alone to provide insight and practical guidance.

As influenced by both Chinese and Native American traditions, there is an energy, time of day, direction, moon phase, foods, organs, herbs and stage of life, among other things, that correspond with each season. The Seasonal Herbal Weekend series will educate guests on each of those elements and how the right focus can harmonize the body with the time of year.

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The Seasonal Herbal Workshops will include:

Summer will center around the lushness and activity of the summer season; a season of outward focus and energies. The menu in restaurant *TREE* will feature foods such as fresh grown lettuce, kale and corn. Beneficial herbs during this time of year are cayenne, motherwort and hawthorn and will enhance the herbal seasonal spa treatment offered during the season. Exercise classes will be selected to help the body balance the heart and circulation as well as cool the body.

Fall will offer herbal solutions for boosting immunity & keeping the lungs healthy such as dandelion root, nettle and linden. Foods to harmonize the body with the season include mushrooms, root vegetables and herbal teas and exercises such as T'ai Chi and Yoga to focus on the body parts that further synchronize with the season.

Winter will focus on the inward and dormant energies. Winter foods will be incorporated into the menu and cooking demonstration such as grains and beans. Effective herbs during this season include licorice, pine and Chinese ginseng will be featured in the spa treatments that will focus on vital energies and warming the body.

Spring will concentrate on energies such as new beginnings and growth. Spring foods will be highlighted on the menu and cooking demonstrations such as sprouts, scallions, mushrooms and asparagus. Therapeutic herbs such as dandelion, milk thistle and sorrel will be weaved into spa treatments and herbal remedy recommendations and fitness classes that focus on regulating the flow of chi and cleansing the liver and blood will be presented.

There is no additional cost for the seasonal herbal weekend workshops but the experience adds a plethora of knowledge and grounding for the body to work with nature and not against it.

About The Lodge at Woodloch:

The Lodge at Woodloch is one of the finest full-service luxury destination spas in the U.S., offering complete spa programs, treatments, outdoor adventure activities, golf, classes and packages in a pristine mountain retreat environment. Located on over 150 wooded acres with a private lake in the Lake Region of Northeast Pennsylvania, The Lodge provides an oasis for personal awakening and renewal just 2 ½ hours outside of New York City. The exclusive property features 57 luxury accommodations and a 40,000-square-foot spa. Additional information and reservations are available toll-free at 1-866-953-8500 or on the Web site at www.thelodgeatwoodloch.com.