

VASS 2022 Spring Conference Wellness Activities

All Spring Conference participants are encouraged to register for one or more of the following Wellness Activities on Sunday and Monday afternoons. On the schedule below, the time period during which each activity will be held is indicated; additional time may be required for transportation to and from activities not being held at the Hotel Roanoke.

The number of people who can be accommodated is indicated for each activity. If an activity you want to participate in is full, you are given the option to join a waiting list. However, you are strongly encouraged to also select an alternative activity, since it is doubtful that additional spaces will become available for activities which are full. **Wellness Activities that are still accepting registrations, on a first-come, first-served basis, are HIGHLIGHTED in the list below.**

Please NOTE: All Wellness Activities are FREE for School Division Participants. Business Representatives who participate in an activity will be charged the fee indicated below.

The FINAL DEADLINE for Registering for Wellness Activities is FRIDAY, April 22, 2022.

SUNDAY, May 1, 2022

33rd Annual VASS Golf Tournament

The tournament, which has been a favorite activity of conference attendees for over three decades, will be held at the Hanging Rock Golf Club. After a box lunch, a shotgun start at noon will send teams out for a Captain's Choice competition that will be great fun for all participants, no matter their handicap.

Location: Hanging Rock Golf Course (participants provide their own transportation)
Limit: 60 participants

Sunday, 11:30 am – 5:00 pm

The Registration Form for the Golf Tournament (which needs to be completed and returned to Doug Westmoreland, by Friday, April 22) is available on the following VASS Spring Conference page: <https://www.vassonline.org/2022-vass-annual-spring-conference-school-division-participants>

Spa Treatment

Pamper yourself in the luxury of an individual private room in the Hotel Roanoke Spa with a 60-minute, relaxing, full-body Swedish massage OR with a deep-cleansing waterless facial, including a restorative mask and finishing products. This is the perfect gift to yourself after a stressful year! For more information: <https://www.saltfootsanctuary.com/>

Location: Hotel Roanoke Spa
Limit: 4 people per time slot

Sunday, 1:00 – 2:00 pm – FULL: Not accepting additional registrations

Sunday, 2:30 – 3:30 pm – FULL: Not accepting additional registrations

Sunday, 4:00 – 5:00 pm – FULL: Not accepting additional registrations

SUNDAY, May 1, 2022 (continued)

Yoga Class

This yoga session will consist of an open-level, well-rounded practice, which will work for students in all stages of practicing yoga. Modifications will be offered for those with less flexibility and strength, and variations will be offered for those with more defined skill levels. The session will be led by Jeanmarie Paolillo, certified professional coach, former senior yoga teacher trainer, and author of *Vibe-a-Thon, Creating Your Life from the Inside Out*. She leads trainings and workshops internationally on the physical and philosophical aspects of yoga, the energetic body, how the mind works, and meditation and mindfulness. For more information: <https://www.saltfootsanctuary.com/private-yoga>

Location: Hotel Roanoke

Limit: 16 people

BUSINESS REPRESENTATIVE'S REGISTRATION FEE: \$25

Sunday, 2:30 – 3:30 pm

MONDAY, May 2, 2022

Spa Treatment

Pamper yourself in the luxury of an individual private room in the Hotel Roanoke Spa with a 60-minute, relaxing, full-body Swedish massage OR with a deep cleansing waterless facial, including a restorative mask and finishing products. This is the perfect gift to yourself after a stressful year! For more information: <https://www.saltfootsanctuary.com/>

Location: Hotel Roanoke Spa

Limit: 4 people per time slot

Monday, 2:30 – 3:30 pm – FULL: Not accepting additional registrations

Monday, 4:00 – 5:00 pm – FULL: Not accepting additional registrations

Yoga Class

This yoga session will consist of an open-level, well-rounded practice, which will work for students in all stages of practicing yoga. Modifications will be offered for those with less flexibility and strength, and variations will be offered for those with more defined skill levels. The session will be led by Jeanmarie Paolillo, certified professional coach, former senior yoga teacher trainer, and author of *Vibe-a-Thon, Creating Your Life from the Inside Out*. She leads trainings and workshops internationally on the physical and philosophical aspects of yoga, the energetic body, how the mind works, and meditation and mindfulness. For more information: <https://www.saltfootsanctuary.com/private-yoga>

Location: Hotel Roanoke

Limit: 16 people per class

BUSINESS REPRESENTATIVE'S REGISTRATION FEE: \$25

Monday, 2:30 – 3:30 pm

Monday, 4:00 – 5:00 pm

Clay Pottery Making Class: Wheel Throwing for Beginners

This introductory class will provide you with a great experience working with clay on a pottery wheel, whether you are trying it for the first time or deciding whether you want to get back into it. All materials will be provided by the instructor, Hanna. For more information: <https://commonclaycollective.com/>

Location: Hotel Roanoke
Limit: 6 people per class

BUSINESS REPRESENTATIVE'S REGISTRATION FEE: \$100

Monday, 2:30 – 4:00 pm – FULL: Not accepting additional registrations

Monday, 4:00 – 5:30 pm

Introduction to Painting with Acrylics

Participants will really enjoy this beginning class on painting with acrylics. All materials will be provided by the instructor, Marlee Kaufmann.

Location: Hotel Roanoke
Limit: 6 people per class

BUSINESS REPRESENTATIVE'S REGISTRATION FEE: \$100

Monday, 2:30 – 4:00 pm

Monday, 4:00 – 5:30 pm

Roanoke History & Culture Walking Tour

Enjoy Roanoke's fascinating culture and history and how its growth and development prompted many to call it "The Magic City." Enjoy this two-hour walking tour of the city, led by a fun and passionate tour guide who will show off some iconic landmarks and attractions. Along the way, participants will discover hidden gems, wonderful eateries, and back alleys, all while hearing wonderful tales of Roanoke's colorful history.

Location: Tour starts in front of the Hotel Roanoke
Limit: 16 people

BUSINESS REPRESENTATIVE'S REGISTRATION FEE: \$75

Monday, 3:00 – 5:00 pm

Adult Beverage Walking Tour

Walk just a few blocks from the Hotel Roanoke to Roanoke's best beer and wine tasting rooms at Three Notch'd Brewery and Well Hung Wine Bar. Three Notch'd is not your typical brew pub; instead, it specializes in locally-sourced, beer-infused dishes, designed to complement the season as well as what's on tap. The brewmaster at Three Notch'd has been alerted that our group will be visiting and he will be happy to show you his craft, if he is not too busy. For more information: <https://threenotchdbrewing.com/roanoke-craft-kitchen-brewery/> Founded in 2008 by three women who recognized the value of a good joke and a great glass of wine, Well Hung Vineyard has a proud heritage and a bright future. Working with winegrowers across the country, Well Hung Vineyard sources the best fruit to go into its up and coming wines. The Roanoke wine bar is one of three of the vineyard's tasting locations in Central Virginia and South Carolina. For more information: <https://wellhungvineyard.com/>

MONDAY, May 2 - Adult Beverage Walking Tour (continued)

Locations: Three Notch'd Brewery and Well Hung Wine Bar (a short walk from Hotel Roanoke)

Limit: 25 people

BUSINESS REPRESENTATIVE'S REGISTRATION FEE: Pay for own beverages consumed during tour.

Monday, 3:00 – 5:30 pm

Adult Beverage Bus Tour

Enjoy one of the city's newest craft breweries – Big Lick Brewing Company! Envision yourself sitting with your colleagues in the outdoor beer garden of this unique city brewery, or enjoying the fun atmosphere inside, while sipping some of the best local beer that Roanoke has to offer. For more information: <https://biglickbrewingco.com/>

Location: Big Lick Brewing Company (transportation provided from Hotel Roanoke)

Limit: 25 people

Monday, 4:00 – 5:30 pm – FULL: Not accepting additional registrations

Axe Throwing

Urban axe throwing originated in Canada 5-10 years ago and this new sport – often described as “darts on steroids” – is now migrating south to the United States, as well as internationally into Europe and Asia. It is a competitive sport, which involves throwing hatchets and small axes into vertical targets, but it can be enjoyed by everyone. Come experience this new sporting activity with your friends and colleagues in a fun, new Roanoke venue. For more information:

<https://www.blueridgeaxe.com/info/what-is-urban-axe-throwing>

Location: Blue Ridge Axe Throwing (transportation provided from Hotel Roanoke)

Limit: 10 people

Monday, 3:00 – 4:00 pm – FULL: Not accepting additional registrations

Shooting Gallery

Learn to shoot or practice your marksmanship in the largest indoor shooting range on the East Coast. Guns, ammo, and instruction will all be provided during this very well-organized and well-supervised activity. For more information:

<https://www.safesidetactical.com/#>

Location: Safeside Tactical (transportation provided from Hotel Roanoke)

Limit: 10 people

Monday, 3:00 – 4:00 pm – FULL: Not accepting additional registrations

VASS Spring Conference School Division Participants can register to participate in Wellness Activities, at no charge, using the following LINK: [2022 Spring Conference Page - Wellness Activities](#)

If you have any questions, please contact [Liza Scallet, the VASS Administrative Assistant](#).