



# Wellness Way University

## Ladies Day Out Itinerary



### Nashville 2019

Ladies we can't wait to spend an incredible day of Nashville fun together!  
Here's the breakdown of the day to help you prepare.

**10:00 AM:** Bus Departs Gaylord Opryland Hotel. Meet in front lobby!

**10:30 AM – 12 PM:** Brunch at **True Food Kitchen**. We will be ordering off the menu—get a sneak peek here: <https://www.truefoodkitchen.com/nashville>

**12:45 PM – 2:45 PM:** **Arrington Vineyards** for the Signature Tasting Experience

<http://www.arringtonvineyards.com/signature-experience>

*Beautiful grounds and history that even those not tasting will enjoy. Must be 21 and HAVE ID if you are tasting. If you are attending but not tasting please let us know.*

**3:30 PM - 5 PM:** **Country Music Hall of Fame** <https://countrymusicHalloffame.org/>

OR (if you do not want to go to Hall of Fame)

**Downtown Nashville** (Broadway Street)—Explore on your own

**5:00PM – 6:00PM:** **Explore Downtown Nashville** (Broadway Street)

There's no end to the music and sights to see on this incredible strip! Enjoy, but don't load up on food, dinner is next on our agenda!

**6:00 PM:** Group Dinner at **Wild Horse Saloon** <https://wildhorsesaloon.com/>

**BBQ Dinner**

Kale salad: Kale, Cabbage, toasted almonds, shaved apples, raisins, and chevre lemon thyme.

Chow chow cole slaw and piccalilli relish.

Baked potato salad.

Steamed broccoli & cauliflower and roasted shallot butter.

Stewed white beans, spinach and fire roasted tomatoes.

Squash, zucchini, red bell pepper and olive oil.

Hickory pit smoked pork shoulder.

Wildhorse BBQ Spice rubbed beef brisket.

Peach Blackberry Crisp (Gluten-free & dairy-free)

Coffee and Southern Sweet Tea

*\*Optional Line dancing lesson at 7:15. Acoustic band to play during dinner, live band and entertainment to start at 7:45.*

**8:30 PM:** Bus Departs Wild Horse and Returns to Gaylord.

*\*If you are not on the bus when it leaves to return to Gaylord, we will assume you have made your own arrangements (Uber, etc) to get back to the resort.*

**Looking forward to time with you, the amazing ladies of The  
Wellness Way!**