

# Intermission


*The Retreat*

February 20 - 23, 2026



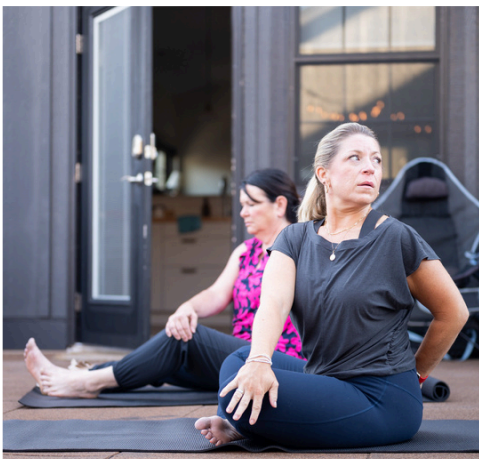
## Blisstopia Retreats

Nestled in the heart of Arizona's Sonoran Desert just outside of Phoenix, Blisstopia is a wellness center where stillness, sunlight, and open horizons create space for healing, connection, and renewal.

 9135 West Saddlehorn Road, Peoria, AZ, 85383

## Nourishing Meals

Each meal is thoughtfully prepared with fresh, organic ingredients to nourish and restore you during your stay. With options from plant-based to traditional fare, Blisstopia's Ayurvedic-trained chef can accommodate most dietary needs so you can simply relax and recharge.



## Restorative Amenities

Enjoy yoga, meditation, and movement in the Bliss Yoga Studio. Explore mountain trails, swim, relax in the hot tub, or unwind in the meditation labyrinth. Add a massage or horseback ride for the full experience.

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## The Retreat

**Total Cost** **\$4,495**

Initial deposit \$500  
 Fee due prior to retreat \$2000\*  
 Monthly fee x 5 months following retreat \$399

\*This includes all expenses except your transportation to the Phoenix, AZ, airport and any add-on activities you choose. It also includes 6 cohort meetings and 10 private coaching sessions.



For more information scan the QR code.

To register please contact Jen Stanley:



(765) 730-8988

[hello@livingwellbyjen.com](mailto:hello@livingwellbyjen.com)

## Retreat Itinerary

DAY 1: FEBRUARY 20, 2026	
afternoon	Arrival Rest / Exploration
evening	Welcome Dinner Session #1: Intermission

DAY 2: FEBRUARY 21, 2026	
morning	Sunrise Hike Breakfast Morning Yoga Session #2: Applauding Act 1
afternoon	Lunch Breakout Opportunities: <ul style="list-style-type: none"> <li>• Hiking</li> <li>• Poolside</li> <li>• Solitude</li> <li>• Massage (additional fee)</li> <li>• Horseback (additional fee)</li> </ul>
evening	Dinner Session #3: Authentic Assurance Fireside Chats

DAY 3: FEBRUARY 22, 2026	
morning	Sunrise Hike Breakfast Morning Yoga & Sound Bath Session #4: Authentic Assurance (2)
afternoon	Lunch Breakout Opportunities: <ul style="list-style-type: none"> <li>• Hiking</li> <li>• Poolside</li> <li>• Solitude</li> <li>• Massage (additional fee)</li> </ul>
evening	Dinner Session #5: The Act 2 of Your Dreams Final Closing Circle

DAY 4: FEBRUARY 23, 2026	
morning	Breakfast Departure