

KRISTEN Sharp



DESERT BLISS

A Women's Retreat to Recharge, Reconnect
& Reignite Your Power

SEPTEMBER 12-15, 2025 IN SEDONA, ARIZONA

Hosted by Kristen Sharp, Certified Executive Coach & Leadership Consultant

Retreat into the Sedona desert to recharge your energy and activate your power. This retreat is your invitation to unplug, reset, and reconnect to the power and peace that lie within you.

Everything is Taken Care of—You Just Show Up

This is more than a weekend getaway. This is a chance to step away from the daily demands, where your only job is to *be*. Take a break from your role as mother, partner, and leader. Here, you can simply be yourself—unburdened, free, and deeply nourished.

With every detail planned—luxurious accommodations with an in-house chef, rejuvenating experiences, and the healing energy of Sedona's red rocks—you can fully relax, knowing that everything is handled.

All you have to do is show up and let us take care of the rest, including you.

Adventures & Deep Connection

Sedona's natural beauty will inspire and soothe your soul. From stunning desert hikes with awe-inspiring views to quiet moments in nature or relaxing with a book in hand, each day is designed to offer you the spaciousness you crave, adventures to inspire, and create lasting memories.

Surround yourself with a circle of powerhouse women—like-minded souls who, just like you, are used to being “the one who does it all.” Here, you'll find a space to take a deep breath, laugh, and simply be you—without the pressures of daily life.

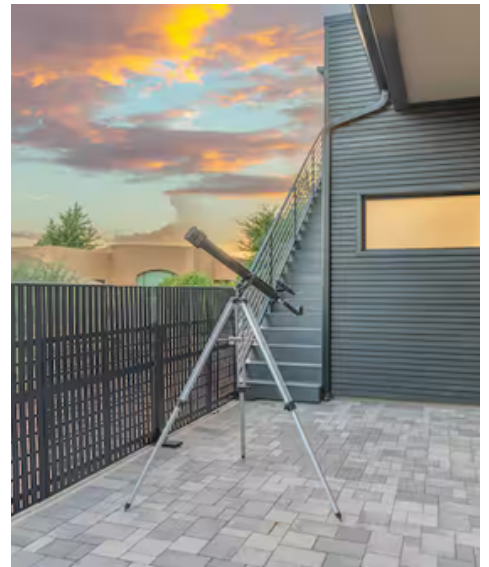


A Retreat with *Heart & Soul*

This is more than just a girls' trip. It's a chance to deeply connect—to yourself, to other incredible women, and to the healing energy of Sedona. Through soulful conversations, moments of stillness, and time spent together, you'll tap into your truth and reignite the power that's always been within you.

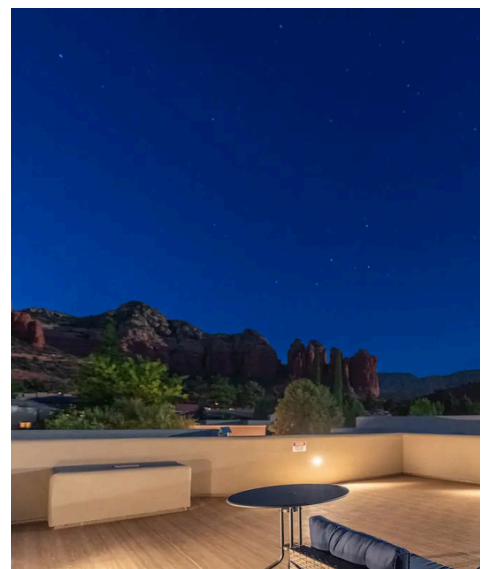
WHAT YOU'LL EXPERIENCE

- **Expansive Spaciousness:** A nurturing, supportive environment where you are held and cared for.
- **Playful Power:** Full permission to take up space, be your most authentic self, and do what feels right for you.
- **Healing in Nature:** Sedona's energy is known for its ability to help you heal, recharge, and gain clarity.
- **Authentic Connections:** Deep, honest conversations with other women who truly get you.



TRANSFORMATIONS YOU CAN HAVE

- **Decompress and Recharge:** Release the weight of your daily responsibilities and reconnect with your inner power.
- **Reclaim Your Truth:** Slow down, connect with nature, and tune into your own desires, needs, and truths.
- **Create Lasting Change:** Walk away with micro practices that will help you stay aligned to your heart and soul in the days ahead.



Your Journey begins the moment you say Yes

The retreat experience is designed to support you to awaken to possibilities, to reconnect with your power, & to embody your truth. Daily activities are curated with this specific intention in mind.

HERE'S A PEEK AT THE ITINERARY*

DAY ONE: FRIDAY

Welcome / Arrival Day

- 4pm - Doors Open
- 4:30pm - Welcome Session
- 6pm - Sunset at Boynton Vortex
- 7pm - Dinner + Relax at house

DAY TWO: SATURDAY

Recharge & Reconnect

- 7:30-9 am - Breakfast
- 8 am - *optional morning rooftop yoga*
- 9 am - Morning circle
- 12 pm - Lunch + free time (+ massage)
- 2:30 pm - Activity with local artist
- 4:30 pm - Sunset Hike to Birthing Cave
- 7 pm - Dinner + Relax at house

DAY THREE: SUNDAY

Reignite Your Power

- 6:30 am - Sunrise hike at Cathedral Rock
- 9 am - Breakfast @ Local Juicery
- 10 am - Morning circle
- 12 pm - Lunch + free time (+ massage)
- 2:30 pm - Downtown to shop + explore
- 4:30 pm - Sound Bath healing session
- 7pm - Dinner + Relax at house

DAY FOUR: MONDAY

Closing / Departure Day

- 7:30-9 am - Breakfast + pack
- 9 am - Closing circle
- 10 am - Hike at Peace Park
- 11 am - Visit ChocolaTree (a local fav) + depart for airport

**Subject to change, based on weather, guests' preferences, or other*

Secure your spot for \$1000 deposit. Monthly payments as low as \$329.



Retreat Home

This newly built home in West Sedona has everything you need to retreat into the desert with elegance & comfort. The rooftop deck and grand living room provide stunning views of Sedona's Cathedral Rock and the desert sky.

This home Includes:

- Four bedrooms, two private rooms & two shared rooms
- Hot tub & outdoor day bed
- Game room with table tennis, foosball, poker & more
- Fully equipped kitchen for our private chef
- Retreat house is an alcohol & drug free space to support your well-being & healing experience.



SIX SPACES AVAILABLE, BEGINNING AT:

\$329 *per month*

Secure your room with a \$1000 deposit plus 6 monthly payments, beginning at \$329.



Secure your spot for \$1000 deposit. Monthly payments as low as \$329.

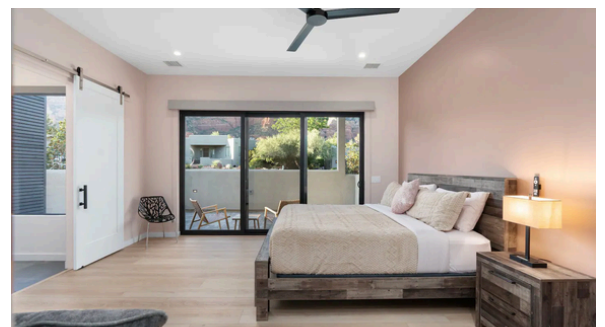


The VIP Room

The VIP Room features vibrant hues inspired by Sedona's landscape, with warm, earthy colors that complement the stunning natural surroundings and create a cozy, inviting retreat.

This Room Includes:

- King Bed and sofa
- Private Bathroom with Soaking Tub
- Direct Patio Access
- TV
- Sofa



PAYMENT DETAILS:

\$479 *Monthly + deposit*

*Double occupancy option available in private rooms, if open to sharing a bed. Please contact for more details.

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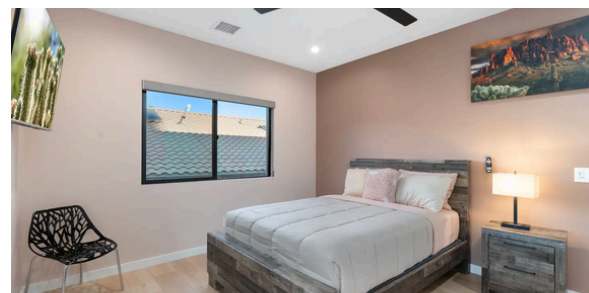
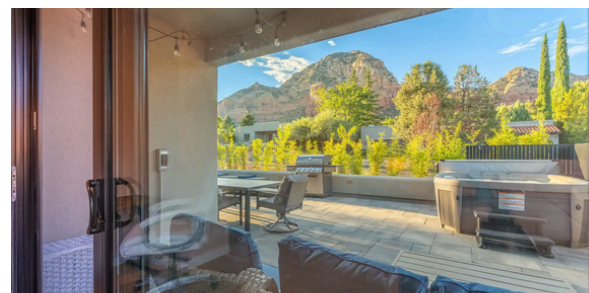
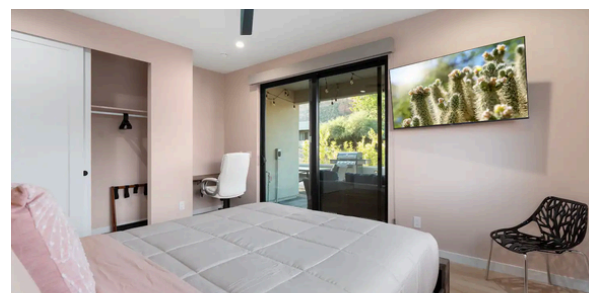


Private Room

The Private Room offers a tranquil retreat, with warm, inviting tones inspired by Sedona's landscape. It's a peaceful haven where comfort meets breathtaking natural beauty.

This Room Includes:

- Queen Bed
- Courtyard Access
- TV
- Dedicated Workspace



PAYMENT DETAILS:

\$395 *Monthly + deposit*

*Double occupancy option available in private rooms, if open to sharing a bed. Please contact for more details.

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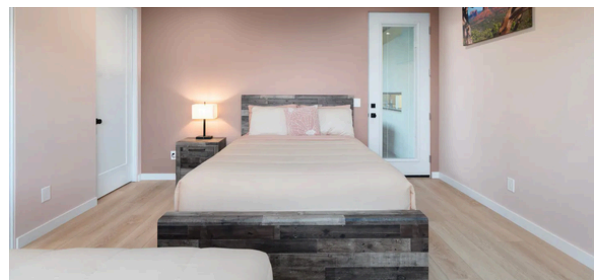
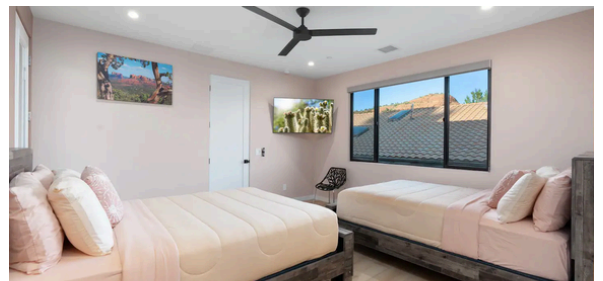


Shared Room

The Shared Room combines thoughtful design with a sense of spacious comfort. Its serene color palette and cozy atmosphere make it an ideal space to relax and connect.

This Room Includes:

- Two Queen Beds
- Private Bathroom
- TV



PAYMENT DETAILS:

\$329 *Monthly + deposit*

*Double occupancy option available in private rooms, if open to sharing a bed. Please contact for more details.

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Let's Do This!

You know in your heart of heart's that you're meant to be here.

Sedona's healing energy, a supportive community of women, and a deeply nourishing experience await you. This retreat is the opportunity you've been waiting for to pause, recharge, and reconnect with your power.

Here's what you need to make it official.

PAYMENT INFORMATION

Reserve your spot today with a \$1000 deposit and let the transformation begin.

- Select your room & submit your deposit here: **Reserve My Spot**
- If this experience is calling you & you want a customized payment plan, email Kristen to explore an alternative option that works for both of us:

kristen@thekristensharp.com

Payment Details

- \$1000 non-refundable deposit to reserve your spot
- Remaining balance due at least 60 days prior to retreat start date.
- Customized payment plans available. We'll reach out to setup an option that works for both of us.

Six spaces available, beginning at \$2,975

- VIP Room (king bed & sofa): \$3,875.
- Private Room (queen bed): \$3,375.
- Shared Room (two queens with private bathroom): \$2,975.

Fast Action, Pay In Full Bonus

- If you elect to pay in full by Jan. 31st, 2025, you'll receive two private 1:1 coaching sessions with Kristen:
(1) Intention session before, and
(2) integration session after the retreat.

FAQ

We are here to support you as much as we can. If any additional questions arise, email us:

For retreat experience questions, email Kristen: kristen@thekristensharp.com

For logistics or payment questions, email Brogan: team@thekristensharp.com

I'm all in ... how do I reserve my spot?

- Pay \$1000 deposit to confirm your spot [here](#).
- Do a happy dance to celebrate!
- We'll be in touch to coordinate remaining balance & customized payment plan.
- Plus, if you elect to pay in full by Jan. 31st, 2025, you'll receive two private 1:1 coaching sessions with Kristen - an intention session before and integration session after the retreat.

Why Sedona?

- I fell in love with Sedona while on a solo retreat and tapped into a powerful energy that I couldn't wait to share with other powerhouse women.
- The red rocks, desert and people of Sedona provide expansive spaciousness and a deep sense of safety unlike anywhere else I've been. I simultaneously felt deeply held and safe while also extremely lit up and energized.

Who is this retreat for? How many people are coming?

- This is for powerhouse women who want to recharge from doing it all, want to reconnect to themselves & with other like-minded women, and want to reignite their power.
- This is an intimate retreat planned for 6 women, hosted by Kristen with assistant & in-house chef, Emma.

What options are available during the free-time?

- Soak & relax in the hot tub
- Stargaze on the rooftop deck
- Get playful in the game room, equipped with ping pong, foosball, & TV
- Log extra steps on nearby Sugarloaf or Thunder trailheads
- Take a nap or curl up with a book in your room, outdoor daybed, or patio

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FAQ

Do I need to be a seasoned hiker?

- No, absolutely not. All hikes will be easy to moderate so you can enjoy nature & the views with ease. There will be a few places with the option for an extra challenge, for a short climb into a cave or a longer trek of scrambling to the top of Cathedral Rock.

What if I want a little extra pampering or a unique Sedona experience?

- Add-ons available, for an additional expense:
 - In-house private massage available from a world-renowned body worker
 - Reiki session, Tarot card reading, Aura picture
- If there's something special you'd like, let us know and we'll see what we can do to make it happen for you ;)

What's the expected weather in the Sedona desert during September?

- Perfect time of year to visit, with temps ranging from high 80's in day and cooling down at night as low as mid-50's. Bring a hat & pack layers.
- Long days: Sunrise ~6am and sunset ~7pm.

What time should I plan for my arrival and departure at Phoenix airport (PHX)?

- Arrival: Plan to arrive in Phoenix by 1 pm on Friday, Sept. 12th
- Departure: Plan for departure time of 3pm or later on Monday, Sept. 15th.

What's included?

- 4-day, 3-night accommodations in Sedona, Arizona
- Airport pick-up & drop-off on retreat start and end dates
- All meals catered by private chef, with exception of one breakfast out.
- Coffee, tea, refreshments & snacks
- Daily hikes and experiences with local specialists (ex: artists, sound healers)
- Daily transformational coaching sessions to support your intention & goals
- .. and some fun surprises!

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Meet The Team

KRISTEN SHARP, HOST

Native to the Bay Area, Kristen works with many local companies and teams as an executive coach and facilitator. She's often venturing out to the beach or off to beautiful locations to unplug, reset & recharge. Sedona & Maui are her two fav places to retreat.



EMMA, EVENT ASST. & PRIVATE CHEF

Joining us from Honolulu, Hawaii, Emma will be on site to help support and delicious food for you during the retreat. As a retreat chef, her passion is to provide beautiful, exciting food to nourish and fuel both your physical body and your soul throughout your retreat journey.



BROGAN, TEAM KRISTEN SHARP

Brogan supports operations and client experience for Team Kristen. Brogan will be in touch to help coordinate travel, logistics, and payment plans. Brogan lives in Niagara Falls, Canada with her husband and two cute fur babies - Ollie & Piper.





Let's Go!

Sedona captured my heart and lit up my soul. After a few days in this desert, you'll feel it too! Your woo factor will be off the charts. This is one experience you don't want to miss.

*Can't wait to see
you in Sedona!*

xx Kristen



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