



Deeply Rooted Retreat

Realigned & Reawakened

For any and all women yearning for a deep, self love experience. Designed to help you reconnect with all parts of you, to realign and reconnect with your inner purpose, shadow self, inner goddess and your wild and free inner child through a fun experience centered in nature. Join us for 3 days of self love, work, expression, empowerment and healing. Lodging, food and drinks included.

When?

3 DAY RETREAT
AUGUST 7TH-11TH

Check-in TBD, either
2 or 4pm on the 7th
check out the
morning of the 11th

Where?

ELKTON, VIRGINIA

What to Expect?

Expect to meet new friends, have deep conversations, unplug from your phone (no phones, or laptops), and have a truly empowering experience focused on self care, self discovery, healing & stepping into your power.



Lodging at a stunning mountain home for all nights of the retreat
Daily yoga + meditation
Hiking
Group Art Therapy Activities
Nightly Discussions around the firepit
Hot tub
Empowerment Photo Sessions for each attendee - includes 5 digital images
Poem + Writing exercises
Gift Bag for each attendee
Food & Drinks provided



Where we're staying (Virginia)



Pricing:
\$825

Split into 5
payments

Includes lodging,
food and all activities

25% retainer due upon signing
contract

Example Itinerary

Day 1 - August 7th

Everyone arrives at Airbnb (2pm or 4pm)

Once everyone arrives and has settled in with placing their stuff inside we'll go outside and do an introduction circle, sharing our names, ages, a little about us, our favorite place we've ever been, and a goal we have for the week

Then we'll go over the plan for the week & any "housekeeping" items

Group art therapy activity or short walk/hike

Arrive back at Airbnb for dinner

During dinner prep, journal, start the fire or hang out in the hot tub

During dinner we'll all sit together inside or outside around the fire. Each night we will have a focused/planned discussion which will be a time to share our thoughts, feelings, and ideas amongst the group and reflect upon what others share.

Afterwards we'll have a relaxing night time mediation followed by showers and bedtime

Day 2 - August 8th

Sunrise Yoga (wake up before sunrise and be outside to watch the sunrise)

Breakfast + go over plan of the day

Prep for hike

Leave for hike (hardest/longest hike of the retreat)

- bring lunches for hike to eat at top/along the hike

Poem/Writing activity at the top of the hike

Head home + relax for 45-60 minutes

Dinner + nightly discussion around the firepit

Mediation, Hot tub + bed time

Example Itinerary

Day 3 - August 9th

Wake up for morning outdoor yoga/meditation

Breakfast + go over plan of the day

Head out for a hike or zip-lining activity

Have lunch (packed lunch)

Head back to Airbnb and have 30-45 minutes down/chill time

Art Therapy Activity & Empowerment photo sessions

Empowerment photo sessions will be 20-30 minutes per attendee, those who don't have their empowerment session today or once they are finished will take part in the art activity

Dinner + nightly discussion

Hot Tub + bed time

Day 4 - August 10th

Sleep in a little bit, Morning Yoga

Breakfast + go over plan for the day

Journal and art activity + continued empowerment sessions

Art Activity + Empowerment sessions begin

- Empowerment photo sessions will be 20-30 minutes per attendee, those who don't have their empowerment session today or once they are finished will take part in the art activity

Group Photos

Dinner + nightly discussion + hot tub time

Pack up

Star gazing then bed time (maybe sleep under the stars if weather permits)

Example Itinerary

Day 5 - August 11th

Sunrise yoga + meditation

Breakfast + last discussion

Finish Packing + farewells

