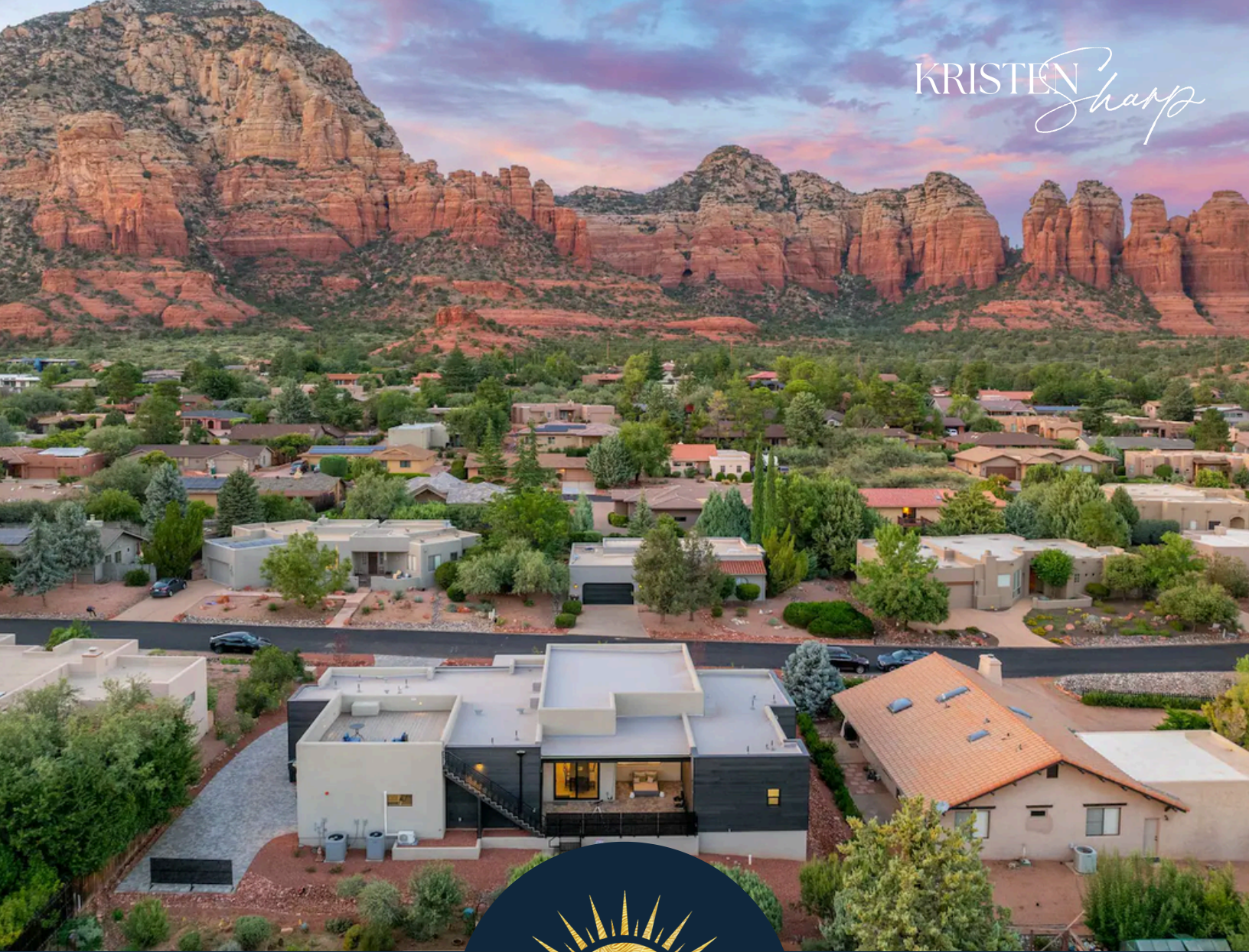


KRISTEN *Sharp*



DESERT BLISS

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

SEPTEMBER 12-15, 2025 IN SEDONA, ARIZONA

Hosted by Kristen Sharp, Certified Coach and Yoga & Breathwork Facilitator

For the Woman Holds Everything Together — Now It's Time to Be Held

**Step away from the pressure, the pace, and the roles you play.
Desert Bliss is your sacred pause — a return to breath, to being, and to the
woman you are beneath it all.**

You're the one everyone counts on. The leader, the nurturer, the anchor. You pour yourself into your work, your loved ones, your responsibilities and do so with strength, smarts, and heart.

Desert Bliss is your invitation to finally exhale. To step away from the roles and the rushing. To be supported, nourished, and reminded of your power — not because you push harder, but because you *pause*.

You don't need another program, plan, or productivity hack.
You need *spaciousness*.
A deep, soulful exhale.
A place where you're not managing anything — just receiving.

This is your time.
To nourish your body.
To feel deeply supported.
To reclaim your energy.
To remember who you are underneath it all.

**If your spirit's been whispering for space, this is your sign.
It's time to come back to yourself.**



WHY THIS RETREAT, AND WHY NOW

You already know the value of a well-orchestrated life. But when everything falls on you, who takes care of you?

Desert Bliss isn't just a getaway — it's a full-body reset for women who are done running on fumes. It's a return to *your* rhythm. A space where everything is taken care of — beautiful accommodations, nourishing meals, airport pickups, healing hikes, and powerful coaching sessions — so you don't have to plan, decide, or think. Just show up and be held.

You'll land in the majestic desert of Sedona and be met with open arms — not just by me, but by a circle of other powerhouse women who also said “yes” to doing something sacred for themselves.

THE EXPERIENCE THAT AWAITS

When you say yes to this retreat, you're not just giving yourself rest — you're creating a ripple effect of renewal that reaches into every part of your life.

You will walk away:

- **Replenished** from the inside out — rested, radiant, and reconnected to your body and breath.
- **Regrounded** in your truth — clear on what matters and what no longer gets to drain you.
- **Reignited** in your power — ready to lead from wholeness, not depletion.

You'll return home more you than you've felt in a long time — not because you *added* anything, but because you finally let go and gave yourself permission to *be*.



EVERYTHING IS TAKEN CARE OF — YOU JUST SHOW UP

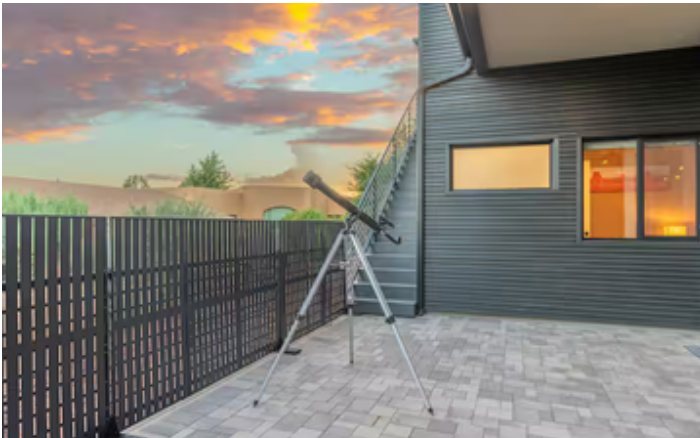
This is a deeply restorative, soul-nourishing experience where everything is taken care of for you. Because when you're the one who holds it all, planning something for yourself can feel like just another task.

Desert Bliss offers the deep reset you didn't know you needed — all you have to do is say yes.



WHAT YOU'LL EXPERIENCE

- **Expansive Spaciousness:** A nurturing, supportive environment where you are held and cared for.
- **Powerful Activations:** Curated experiences to awaken your soul, ignite your inner truth, & remind you of the power already within 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.



WHO THIS RETREAT IS FOR

This retreat is designed for powerhouse women who are leaders in their world — in the home and office — and are ready to step away from the daily demands and give themselves permission to be.

If you love a good girls' weekend but are craving more depth and support — something that nourishes your spirit and elevates your energy — this retreat is for you.

You've been strong for everyone else. Now it's your turn to be supported, seen, and deeply nourished.

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 – Private Tarot Card & Shopping
- 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*



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:

\$2975

Secure your room with a \$1000 deposit.





The VIP Room - SOLDOUT

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:

\$3875

SOLDOUT

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

Secure your spot for \$1000 deposit.

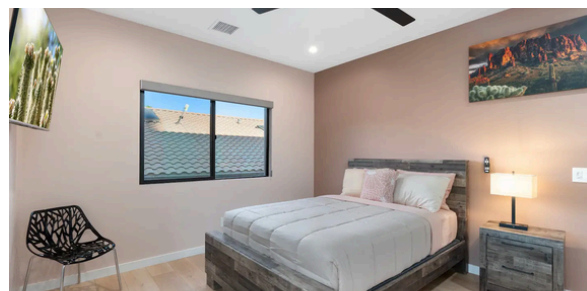
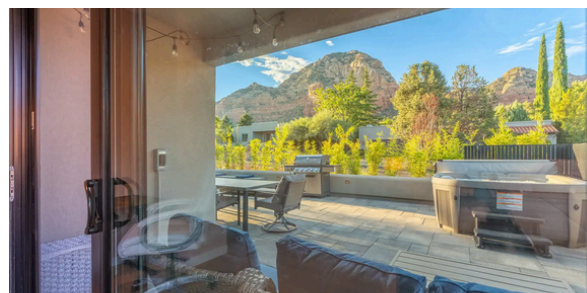
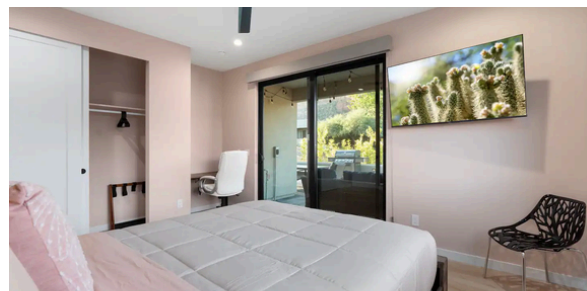


Private Room

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:

\$3375

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

Secure your spot for \$1000 deposit.

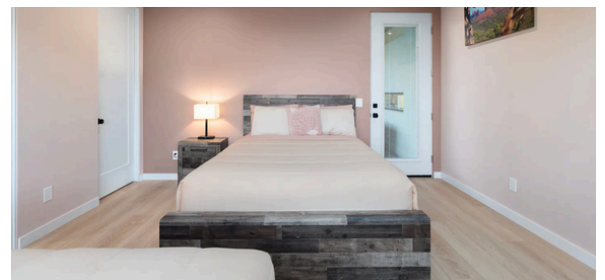
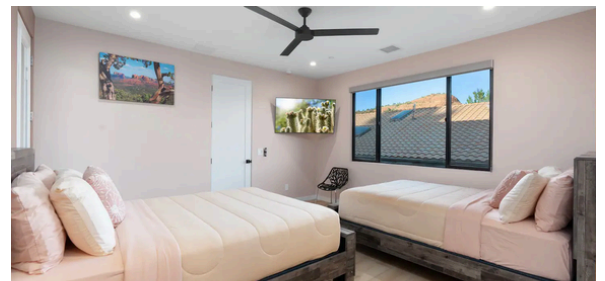


Shared Room

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:

\$2975

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

Secure your spot for \$1000 deposit.

Reserve Your Spot Now

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, reset, and reconnect with your power.

Let go of life's pressures and step into the vibrant healing energy of Sedona.

Space is limited for this intimate retreat of only 6 women.

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

>> [**Reserve Your Spot Here**](#) <<

Retreat spaces available, beginning at \$2,975

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

What's included?

- 4-day, 3-night accommodations in Sedona, Arizona
- Daily transformational coaching circles to support your intention & goals
- Local experiences with Sedona healers, including 1x1 tarot card reading & private shopping at local boutique
- Daily hikes to Sedona's popular energy centers
- All meals catered by private chef, with exception of one breakfast out. Plus coffee, tea, refreshments & snacks available for you.
- Airport pick-up & drop-off on retreat start and end dates

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 Amanda: 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.

Why Sedona?

- Sedona is well known for its powerful energy centers, majestic red rocks, and spiritual communities. Sedona offers expansive spaciousness and a deep sense of safety, perfect for your nervous system to settle and be at ease.
- You'll feel 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 do it all and want to have someone do it for them, breaking away from their busy routine, and find balance in their strength and softness.
- This is an intimate retreat planned for 6 women, hosted by Kristen with an in-house chef, & assistant, Emma.

What options are available during the free-time?

- Soak in the hot tub or stargaze on the rooftop deck
- Body work with world renown massage therapist
- Explore nearby trailheads just steps from the retreat hour
- Rest, nap or curl up with a book in your room, outdoor daybed, or patio

FAQ

Do I need to be a seasoned hiker?

- Not at all. Hikes will be easy to moderate, with optional challenges for those who want them.

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

- Highs in the 80s during the day, cooling to mid-50s at night. Pack layers and a hat!

What time should I arrival/depart Phoenix (PHX)?

- Arrive by 1pm on Friday, Sept. 12
- Depart no earlier than 3pm on Monday, Sept. 15

What's included?

- 4-day, 3-night accommodations in Sedona, Arizona
- Daily transformational coaching circles to support your intention & goals
- Local experiences with Sedona healers, including 1x1 tarot card reading & private shopping at local boutique
- Daily hikes to Sedona's popular energy centers
- All meals catered by private chef, with exception of one breakfast out. Plus coffee, tea, refreshments & snacks available for you.
- Airport pick-up & drop-off on retreat start and end dates

What's not included?

- Flights
- Additional transportation outside of group activities
- One breakfast outing (each guest responsible for their own meal & drinks)
- Additional accommodations outside of retreat dates
- Trip cancellation or travel insurance

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.



AMANDA, TEAM KRISTEN SHARP

Amanda supports operations and client experience for Team Kristen. Amanda will be in touch to help coordinate travel, logistics, and payment plans. Amanda lives in Colorado & loves hiking, good coffee & time with her rescue dog, Midnight.





Let's Go!

If your soul whispered yes while reading this... trust it.
Sedona is calling. We've saved you a spot.

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

xx Kristen

