

## **5 Day Women's Mental Health Retreat**

### **Intended Itinerary**

**(Hurricane, UT)**

the most of our time!

#### **Day 1:**

Upon arrival, we will get settled into our rooms and explore the property a bit. After, we will gather as a group to get to know each other, and then we will follow up with a lovely buffet style dinner. Participants will then be given time to complete some self help activities, and participate in the 1:1 13 sign astrology readings. We will end the night with a lovely fire and some hot tea.

#### **Day 2:**

We will start our day with a healthy breakfast and then move into our morning guided meditation followed by our first workshop focused around Self Love and setting Healthy Boundaries. After, we will head out to the pool and spa area where we will enjoy a lovely picnic lunch and have some free time to soak up the sun and socialize. Next, we will return to our retreat house for "Me Time", where you will have several options for creative and relaxing activities to participate in.

Later, we will reconvene for an impactful workshop focusing on overcoming fear, and the complications it can cause when we allow it to limit us. We will follow up with a group activity and finish out the evening with a group discussion around the fire.

#### **Day 3:**

We will again start the day with a lovely breakfast and morning guided meditation, followed by our *What Are My Emotions Trying to Tell Me?* This workshop will focus on understanding emotions and give several tools for regulation. After, we will get dressed and head out to get an up close and personal view of Utah's lovely Red Rocks for a beautiful picnic lunch. After, we will have some time to explore the area and socialize. We will then head back to the retreat house and take some break time down at the spa and reconvene later with an activity and group discussion. Once finished there will be time to relax and connect with one another while a healthy dinner is prepared for you. Following dinner we will close out the night with some hot tub and/or time around the fire.

#### **Day 4:**

We will again rise and shine with a lovely breakfast and morning guided meditation, followed by our *What You Believe is What You Receive* workshop. This workshop will give us the opportunity to deep dive into shadow work, and processing unhealthy beliefs and trauma. Following, we will have another lovely lunch at the spa area and then break off for some "Me Time" Following this we will engage in a special painting activity that gives us an opportunity to put our new found skills to work. Once complete, you will have some free time to relax and hang out while your

dinner is prepared for you. We will end our night with a sweet treat around the fire and some much deserved rest and relaxation.

### **Day 5:**

We will wake up in the morning for another lovely breakfast. After, we will head out to do our morning guided meditation. Then, we will head into our *Balancing the Left and Right Minds* workshop where we will explore new perspectives on decision making and bringing discipline to the mind. Following, we will participate in a group discussion about what we've learned throughout the weekend and make a plan for integrating this experience into our lives once returning home.

\*Following check-out, for those who are able to make it, you will have the opportunity to visit Zion Canyon National Park as a group to get one last awesome view of Utah's incredible Red Rocks . **Please note that entry to the park is not included and there will not be a meal provided. However, there is a restaurant at the park that you will be able to get food at. The Park is absolutely stunning and I definitely recommend making the trip if it is possible to include in your travel plans.**