

# Women's Mental Health Retreat (Umpire, AR)

## Day 1:

Upon arrival, we will get settled into our rooms and explore the property a bit. From there, we will enjoy a lovely dinner together. During which, participants will take turns doing their 13 sign astrology reading session with Corinna. (Those who prefer to forego participation in readings will instead receive a 1:1 coaching session). The purpose of these sessions will be to identify root issues and create a focal point/intention for the weekend moving forward.

## Day 2:

We will start our day with a healthy breakfast and morning guided meditation out in nature followed by our *Self Love Workshop* which will dive deep into the importance of facilitating a healthy relationship with yourself as well as the tools to do so effectively. After, we will head outside to enjoy a lovely picnic style lunch and some social time. Next, we will employ the help of the horses to participate in a hands-on activity focused around setting healthy boundaries and building confidence. Following this activity, we will transition into "Me time" to give you the chance to decompress and process the valuable information you were given in the earlier part of the day. Later, we will reconvene for our *F.E.A.R* workshop which will focus on understanding what fear is, and provide tools to overcome it with confidence. 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 a warm cup of tea and the option to socialize around the fire.

## Day 3:

We will again rise and shine with a lovely breakfast and morning guided meditation on the farm, followed by our *What Are My Emotions Trying to Tell Me?* workshop. This workshop will focus on understanding emotions and give several tools for regulation. After, we will head out to the beautiful *Cossatot River Falls* for a lovely picnic lunch. You will be given time to explore the falls and take a nice swim if you prefer. After returning to the retreat house, we will transition into "Me Time" 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 this we will engage in a special painting activity that gives us an opportunity to put our new found tools into action. 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 some social time and some much deserved rest and relaxation.

## Day 4:

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 a 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. We will then say our good bye's and set out to put all of the weekends teachings into action.

# **Women's Mental Health Retreat Workshops:**

## **Self Love**

**Objective:** To give a comprehensive explanation of how shame, projections/conditioning, fear, and seeking external approval diminish us from the inside out.

To provide appropriate tools to rebuild connection with self, and create healthy boundaries.

## **F.E.A.R**

**Objective:** To establish an in depth understanding of how fear causes limitations in our lives, and to provide the tools necessary to overcome those limitations and create the freedom that our hearts truly desire.

## **What Are My Emotions Trying To Tell Me?**

**Objective:** To provide a comprehensive understanding of the purpose of your emotions and how to work with them rather than run from them.

## **What You Believe is What You Receive!**

**Objective:** To give a comprehensive understanding of how our internal world is shaped, expressed, and experienced.

To gain an understanding on the importance of our beliefs systems and how to successfully identify and change the ones that are creating discomfort in our reality.

To provide the necessary tools to successfully process trauma.

## **Balancing the Left and Right Minds**

**Objective:** To gain a more in depth understanding on how the human mind works, and how it can be utilized appropriately to invoke healthy decision making.

To learn how to identify when our mind is out of balance, and how to re-establish balance.

To understand the different parts of "self" and learn how to ensure that they are working together fluidly.



HOLISTIC MIND  
BODY & SOUL