

Itinerary For Women's Emotional Regulation & Trauma Processing Retreat

(Umpire, AR)

Day 1: Check-in will begin at 3:00PM. After everyone has arrived and gotten settled in their rooms, we will get a tour of the property and commence for our "Welcome Circle" where we will get to know each other, and go over what to expect for the weekend ahead. After, each participant will take turns meeting 1:1 with Corinna for a session focused on understanding what you are needing to gain from the retreat. While the sessions are taking place, those who are not in session will be able to relax and connect over a lovely, healthy, buffet style dinner. We will end our night with a warm cup of organic tea and get some rest for tomorrow.

Day 2: We will begin the day with a lovely nutritious breakfast complete with organic lattes and fresh squeezed juice, followed by a morning guided meditation in nature. After, we will attend our "What Are My Emotions Trying to Tell Me?" workshop, where we will take a deep dive into the concept of emotional regulation. Later, we will have a lovely lunch and then spend some time with our beautiful horses. Followed by some "Me Time". After, we will participate in a group activity focusing on implementing what we learned in our morning workshop. After, we will gather for a lovely dinner and finish out the evening with some social time.

Day 3: Again, we will start our morning with another fulfilling breakfast and after we will meet for a group discussion regarding what we learned the day before, and where we may still be struggling, or growing to find a deeper understanding. Following, we will participant in a guided meditation that will be laid out specifically for you to identify and process deep rooted pain and trauma. Following this activity we will take a field trip to the lovely Cossatot River Falls for a lovely meal and an opportunity to socialize and process our morning meditations. You will have time to explore the area, and if the temperature is ideal, you may also swim. Later, we will come back to the retreat house for some "Me Time", and you will be allowed to groom and spend time with the horses if preferred. Later we will attend a workshop focused on processing trauma and

outdated belief systems that may be causing us unnecessary strife in our lives. Following the workshop we will participate in a painting activity that will give us the opportunity to put what we've learned into practice. We will then enjoy another lovely home cooked dinner together and will finish out the evening with a group discussion and a well deserved dessert.

Day 4: We will come together for our last meal together followed by a lovely guided meditation in the garden focused on moving forward. After, we will complete an activity that helps us to make an educated and intentional plan moving forward to integrate our experiences into daily life followed by a group discussion regarding how we are feeling about ourselves after such an impactful weekend of events. Finally, we will say farewell and head back home with our new tools and renewed spirit.