

Itinerary For Women's Grief and 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 on 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 head into our second workshop focusing on belief systems and processing trauma which will be paired with an activity which allows you to practice putting the tools to use.

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. After, each participant will meet privately with Corinna for a 1:1 guided meditation that will be laid out specifically for you, to help you navigate your trauma/grief from a deeper more psychological space. 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. We will then enjoy another lovely home cooked dinner together and will enjoy a lovely and light group activity shortly after.

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.