

**Focal points of all retreats:**

- Setting healthy boundaries**
- Understanding Projection and Conditioning and how it affects our mental health and decision making**
- Understanding Chakra/Energy centers of the body and how to rebalance them**
- Shadow work (going deep within to find the root of our problem to find a healthy and effective solution)**
  - 5 step method for processing trauma**
- Understanding and Balancing the two hemispheres of the mind so that we can make healthy decisions that align with our true desires**

\*If we come into contact with bad weather we will have to adjust, but regardless, we will make the most of our time!

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

### **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 set our personal goals and intentions for the retreat. This will give us a nice point of reference for what needs to be focused on throughout the weekend. From there, we will enjoy a lovely dinner together, and following we will get into our first workshop that will focus on breaking down and breaking through fears that are limiting us in our lives.

### **Day 2:**

We will start our day with a healthy breakfast and morning guided meditation out in nature followed by our first workshop, *The Fundamentals of Chakras & Energy Healing*. 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 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. 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 fun group activity and some tea time.

### **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 (Bella Vista, AR)**

#### **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 set our personal goals and intentions for the retreat. This will give us a nice point of reference for what needs to be focused on throughout the weekend. From there, we will enjoy a lovely dinner together, and following we will get into our first workshop that will focus on breaking down and breaking through fears that are limiting us in our lives.

#### **Day 2:**

We will start our day with a healthy breakfast and morning guided meditation followed by our first workshop, The Fundamentals of Chakras & Energy Healing. After, we will head out for our first field trip to Tanyard Creek Falls where we will enjoy a lovely picnic lunch on the rocks and have some free time to explore and socialize. Next, we will return to the retreat house for “Me Time”, where you will have several options for creative and relaxing activities to participate in. Later, we will reconvene for 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. 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 group activity and some tea time.

### **Day 3:**

We will again rise and shine with a lovely breakfast and morning guided meditation, 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 get dressed and head out to *Pinion Falls* for another lovely picnic lunch. After lunch, we will have some time to explore the area and socialize. Then, we will return to the cabin for “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 skills to the test. 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 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 (Hurricane, UT)**

## **Women’s Mental Health Retreat**

### **(Hurricane, UT)**

\*If we come into contact with bad weather we will have to adjust, but regardless, we will make 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, *The Fundamentals of Chakras & Energy Healing*. 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 *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. We will take some break time down at the spa and reconvene later with a Self Love 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 are my Emotions Trying to Tell Me?* workshop. 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. Then, we will return to the retreat house for a little “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 shadow work skills to the test. 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 from the retreat house, 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 (cost \$30 per vehicle car pooling may be an option) 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.**

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

## **The Fundamentals of Chakra's and Energy Healing**

**Objective:** To give a thorough and comprehensive understanding of the 7 main energy points (chakras) of the body and their relation to our health and wellness. To understand how to identify a blockage. To gain appropriate tools to bring chakras back into balance.

### **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