



- Find the pause and quiet your mind with yoga, restorative yoga, meditation, sound bath, journaling, crafting, a mobile salt cave session, 5 meals prepared for us by an onsite chef!
- 24/7 latte machine, coffee, water, juices and healthy snacks. Outdoor labyrinth, trails, fire pit.
- Indoor swimming pool, whirlpool, and sauna.
- Lead by 8+ trained teachers, with decades of experience.
- We encourage you to choose what you'd like to do and leave what you don't, this is YOUR Spring retreat!

Double occupancy available (Hotel style rooms with 2 double beds and a private bath)- early bird special **\$450 per person** each by 2/1 (or 3 payments of \$150 due by 1/25, 2/25 and 3/25) each for the entire weekend which includes all of the above.

After 2/1/25 it's **\$499 per person** by 3/25 (or 3 payments of \$166.33 due by 2/25, 3/25, and 4/10)

Pair up with a friend or get paired up with a new friend. Accommodation for most special diets included with advance notice. No refunds.

