

Emotive Escapes: Women's Mountain Retreat

OCTOBER 4 - 6, 2024
BEECH MOUNTAIN, NC

Agenda & Pricing

Envision your *future* in the embrace of *Autumn*.

Imagine a long weekend with no emails, no demands, and no meetings. Just you and a few like-minded sisters enjoying the cool, crisp mountain air. And time — time to reflect on life or simply relax.

Immerse yourself in a transformative journey at our exclusive Women's Retreat amidst the serene beauty of Beech Mountain, NC. Join us for two days of renewal, soulful self-reflection, and mild outdoor adventures designed to ignite your spirit and nurture your soul.

Friday, October 4:

- Arrivals 12-1pm
- Welcome relaxation gift greets you in your luxury accommodation.
- Introductions
- Optional group hike
- *Renewal & Reignite Session*
- Sunset Sips
- Collaborative dinner
- Firepit & s'mores

Saturday, October 5:

- Morning coffee/tea
- *Intention for the Day* Yoga
- Breakfast
- Morning group visioning session
- Lunch
- Free time
- *Harvesting New Horizons* Cocktail Hour
- Collaborative dinner
- Firepit & s'mores

Sunday, October 6:

- Morning coffee/tea
- *Intention for the Day* Yoga
- Final group reflections
- (Optional) Hike with a 5506' view!
- Collaborative lunch (optional take-home)
- Final departures by 3pm

Pricing

All-inclusive retreat package
with private room = \$1475

*30% deposit reserves your spot
Payment options offered.

Cancellation:

- 70% > 15 days
- No refunds within 15 days.

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Accommodations



Private Room:

- Double or single bed
- Ensuite luxury bath w/heated floors
- Free high-speed wifi

1 Spot Available

Private Rooms

- Queen beds
- Shared luxury bath w/heated floors
- Free high-speed wifi
- Smart TVs

3 Spots Available



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Food & Activities



Food & Beverages

- All food, snacks, & beverages included
- Coffee, tea, water available throughout the day
- Wine & snacks for cocktail hours
- Nutritionist informed meals
- Will do our best to accommodate your dietary restrictions & allergies!
- Dinners collaboratively made by YOU!

Activities

- All activities are optional
- Morning yoga
- Beginner level hikes
- Pickleball
- Hottub
- Explore the town of Beech Mountain



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Coaching & Personal Development

Join us on a transformative journey amidst the beauty of autumn, where we invite you to renew and envision your path forward. Through guided sessions and introspective activities, set against the backdrop of changing seasons, you'll rediscover your inner strengths and aspirations. This retreat offers a nurturing space to reflect on personal growth, refine your goals, and chart a course towards a more fulfilling life. Embrace the season of change as you reconnect with yourself and embrace new possibilities.

Personal Development Included:

- Prior to retreat, all participants required to attend:
 - A 30 min virtual 1-on-1 session with facilitator
- 4 group reflection & revisioning sessions
- Vision board creation
- Post-retreat follow-up and accountability partner
- Optional add-on:
 - 2 follow-up life coaching sessions at reduced rate as optional add-on



Your facilitator & coach:

Dr. Sarah Nielsen is a psychologist and a leadership & life coach with over 20 years experience studying human behavior & facilitating group development. She's shed her own skin a few times and knows firsthand the challenge of feeling stuck and overwhelmed. As a cancer survivor, Sarah is a passionate advocate for living a good life and is a firm believer in the power of a good firepit conversation.

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Reservation Details

Ready to secure your spot? Scan the QR code below to register online. The registration process will do the following:

1. Accept your *nonrefundable* 30% deposit
2. Allow you to choose a payment option for the remaining balance (100% at once or a split payment)
3. Share the contract and waiver with you
4. Schedule your pre-retreat 30 minute consult

Private room

\$1475

(30% deposit required)



Scan me!

FOR MORE INFORMATION, VISIT

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