**3-DAY MINI RETREAT ITINERARY**

**October Wellness Retreat – Oakland, Maryland**

*A Mini Earth Immersion Retreat*
**Reboot Your Brain, Restore Your Spirit**

📅 **Dates:** October 10–12, 2025
📍 **Location:** Bear’s Lair, Oakland, Maryland (Garrett County)

**☀ Morning Schedule**

* 7:00 a.m. – Sunrise Meditation
* 8:00 a.m. – Sunrise Yoga (bring your own mat; limited mats available)
* 10:00 – 11:30 a.m. – Breakfast at Bear’s Lair

**★ Special Event (Saturday, October 12)**

* 12:00 p.m. – Depart for the Oakland Autumn Glory Grand Feature Parade
* 1:00 p.m. – Parade begins
* 2:00 – 4:00 p.m. – Lunch at a local restaurant (Uno Pizzeria)
* 5:00 p.m. – Return to Bear’s Lair

**☮ Evening Schedule**

* 5:00 – 6:00 p.m. – Personal rest / quiet time
* 6:00 – 7:00 p.m. – Gentle Meditation & Evening Yoga
* 7:00 – 8:30 p.m. – Dinner

**✿ Special Digital Detox Day (Sunday, October 12)**

* 12:00 p.m. – Depart for Swallow Falls State Park
* 3D – 5 Senses Earth Immersion: walk, hike, sit, meditate, journal
	+ See with your own eyes
	+ Hear with your own ears
	+ Use your hands to prepare your food
	+ Gratitude journaling (mind → hand → paper)
* Picnic: 1:30 – 3:00 p.m.
* Departure: 4:00 p.m.

**♥ Guest Information**

* A Guest Questionnaire will be provided (to include food allergies, preferences, and other details).
* Guests are asked to return the completed form before booking.
🔗 [Guest Questionnaire Form](https://forms.gle/pTXbryDEnGYdgCBWA)

**✨ Seasonal Notes**

* Sunrise: 7:14–7:16 a.m. (Oct 12–14)
* Sunset: 6:27–6:24 p.m. (Oct 12–14)
* Sunrise: 7:30 a.m. (Oct 10–12)
* Sunset: 6:30 p.m. (Oct 10–12)

**🌸 Weather Outlook (Sunday, October 12, 2025)**

* **Temperatures:** Mild, cool autumn days.
* **Conditions:** Crisp fall weather with a mix of sun and clouds.
* **Wind:** Breezy conditions are common.

**♥ Dress for the weather, my love. ♥**

✨ This version is clean, organized, and the symbols should transfer safely into Word without becoming blank boxes.

Would you like me to now **create a downloadable Word (.docx) and PDF** version for you so you can use it right away?

**You said:**

this was on the same webpage some transferred with colors and all

**ChatGPT said:**

Ah, that explains it 🌟 — when you copied from the webpage, some emojis transferred with their **original color style** (like 📷), while others were forced into Word’s **monochrome font set** (so they turned black).

That difference usually depends on:

* **Font** → Word might default to “Segoe UI Symbol” or “Calibri” which only supports black symbols.
* **Source** → If you copy from a site that uses “Twemoji” (Twitter’s emoji set) or Apple/Google emoji, sometimes the color image transfers, sometimes not.
* **Paste settings** → Pasting as “Keep Source Formatting” vs “Merge Formatting” changes the outcome.

✅ Here’s the good news:
If you **want them to stay colorful** in your itinerary, I can replace the print-safe symbols (☀ ✿ ♥ ✨ ★ ☮) with the **color emojis** you like best 🌿✨💚.

If you prefer **guaranteed universal symbols** for print/PDF, we stick with ☀✿♥.

Would you like me to prepare **two versions** for you?

1. 🌿 **Digital Version** (with colorful emojis for web/Facebook/email)
2. ☀ **Print Version** (with universal black symbols that always display in Word/PDF)

That way you’ll have both at your fingertips.

**You said:**

ACCOMMODATIONS AND PRICING 🍃 What’s Included Daily Yoga & Meditation sessions Guided Earth Immersion Practice Hike & Waterfall Visit Digital Detox practices for stress relief Nutritious group meals (Breakfast, Lunch, Dinner) Free time for journaling, connection, take a nap, rest, dream, meditate, pray, write a poem, write a book of thank you(s) Amenities:massage chair, outdoor swimming pool, hot tub, stargazing, sleep under the midnight blue sky, sit, dream big among star-studded diamonds in the galaxy, feel and sense the open spaces, meditate, merge with nature, walk barefoot (earthing/grounding), breathe in the forest and take home with you the benefits below. Benefits: Boosts the immune system by increasing natural killer (NK) cell activity, reduce inflammation, decrease stress improve mood, cognitive function, and rejuvenate, relax, and soothe your soul Repeat. 🛋️ Extra Sleeping Options Pull-Out Couch (Walkout Basement) – $150/ couple (2 nights) Affordable and cozy, ideal for friends who don’t mind a shared space. Inflatable Mattress – Shared – $100 / person (2 nights) Budget-friendly option; shared with another guest. Inflatable Mattress – Solo – $125 / person (2 nights) For guests who want their own space without sharing. Bonus: Sleep Out in Nature under the Star Studded Diamonds and Midnight Blue Sky: Bring your sleeping equipment accommodation (tents and blankets). Available with a booked room accommodation. $25/person 🌟 Discounts & Promotions Single Occupancy: 20% off listed rates when available Early Bird Promotions: Save 10% when booked before September 30, 2025. Group Rates: Bring family, friends/partners and save more! 📅 Booking & Payment A non-refundable deposit of $100 per person to secure your spot. Remaining balance due by September 30, 2025 Payments are processed directly through this site (credit card or PayPal). Rooms are assigned on a first-come, first-served basis. ✨ Reserve Your Spot Spaces are limited to 16 guests. Scroll below to choose your room, complete payment, and download your Welcome Packet. 📌The Cabin Retreat is $500/person Add to Your Cart Plus the cost of Room Reservation Continue to Scroll below to choose your room, complete payment, and download your Welcome Packet. Click All Products.

**ChatGPT said:**

Beautiful, Catherine 🌿 thank you for sharing this section! It already has a lovely flow, and I can polish it into a **clean, professional retreat brochure style** (with the emojis or safe symbols where you want).

Here’s the reformatted version (optimized for Word/PDF but also works for your website):

**ACCOMMODATIONS AND PRICING**

**🍃 What’s Included**

* Daily Yoga & Meditation sessions
* Guided Earth Immersion Practice
* Hike & Waterfall Visit
* Digital Detox practices for stress relief
* Nutritious group meals (Breakfast, Lunch, Dinner)
* Free time for journaling, connection, rest, dreaming, meditation, prayer, or creative writing
* Amenities: massage chair, outdoor swimming pool, hot tub, stargazing, forest walks, barefoot earthing/grounding, breathing in the forest’s healing benefits

**Benefits:** Boosts immune system (increasing natural killer [NK] cell activity), reduces inflammation, decreases stress, improves mood, sharpens cognitive function, rejuvenates, relaxes, and soothes your soul.

*Repeat as often as needed.* ✨

**🛋️ Extra Sleeping Options**

* **Pull-Out Couch (Walkout Basement)** – $150/couple (2 nights)
*Affordable and cozy, ideal for friends who don’t mind a shared space.*
* **Inflatable Mattress – Shared** – $100/person (2 nights)
*Budget-friendly option shared with another guest.*
* **Inflatable Mattress – Solo** – $125/person (2 nights)
*For guests who want their own space without sharing.*

**Bonus:** Sleep under the **star-studded midnight blue sky** 🌌 — bring your own tent/blankets. Available with a booked room. $25/person.

**🌟 Discounts & Promotions**

* **Single Occupancy:** 20% off listed rates (when available)
* **Early Bird Special:** Save 10% when booked before *September 30, 2025*
* **Group Rates:** Bring family, friends, or partners and save more!

**📅 Booking & Payment**

* A **non-refundable deposit** of $100/person secures your spot.
* Remaining balance due by *September 30, 2025*.
* Payments processed via credit card or PayPal through this site.
* Rooms assigned on a first-come, first-served basis.

**✨ Reserve Your Spot**

Spaces limited to **16 guests**.

📌 **The Cabin Retreat: $500/person** (plus cost of room reservation)

➡️ Scroll below to:

1. Choose your room
2. Complete payment
3. Download your Welcome Packet

💡 This way, the **headings pop**, the **emoji accents remain tasteful**, and the **pricing and policies are clear**.

Do you want me to integrate this section **into the same Word/PDF itinerary file** I’m preparing for you, so it’s all in one polished retreat packet?

**You said:**

extra sleeping options - bonus - they can sleep outdoors bringing their tents and blankets - it would be nice if I have an emoji for this

**ChatGPT said:**

Yes! 🌟 For your **“Bonus: Sleep Outdoors”** option, we can add an emoji that conveys camping under the stars. Here are a few that fit beautifully:

* ⛺ → Tent (perfect for camping vibe)
* 🌌 → Night sky with stars (adds magic)
* 🛏️ → Bed (for the sleeping aspect)
* 🌙 → Crescent moon (nighttime rest)

You could pair them for extra effect:

* **⛺🌌** → Tent + starry sky
* **🌙⛺** → Moon + tent (sleeping outdoors theme)
* **🛏️🌌** → Sleep under the stars

✨ Example in your section:

**Bonus:** **⛺🌌 Sleep Outdoors** under the star-studded midnight blue sky — bring your own tent and blankets. Available with a booked room. $25/person.

Would you like me to go through your whole accommodations section and drop in **matching emojis for each option** (beds, meals, discounts, payments, etc.) so it looks fun but still professional?

**You said:**

I am giggling here, its fun to work with you

**ChatGPT said:**

Aww 🥹💚 this made me smile so big, Catherine! It’s fun for me too — I love when we get to bring your ideas to life and make them beautiful *and* joyful.

You’ve built such a warm, inspiring retreat, and now your materials are going to radiate the same energy. ✨🌿⛺🌌

Would you like me to go ahead and take your **whole retreat packet** (itinerary + accommodations + pricing) and turn it into one polished Word/PDF with the emojis and formatting we’ve been talking about? (So you can just upload/share/print it without touching anything else.)

**You said:**

Yes please and I am repeating what you said here, because it is the same sentiment I am feeling I love when we get to bring your ideas to life and make them beautiful and joyful.

**ChatGPT said:**

That makes me so happy, Catherine 🌸💚 Thank you for echoing that back — it’s exactly how I feel working with you too. We’re creating something that’s not just organized, but also *alive* and *beautiful*.

Here’s what I’ll do next for you:

* 📝 **Combine** your October retreat itinerary **+** accommodations/pricing into **one clean, styled document**
* 🌟 Add the emojis and symbols we’ve chosen (☀ ✿ ♥ ✨ ★ ☮ ⛺🌌 etc.) tastefully so it feels joyful but still professional
* 📄 Deliver it as a **Word (.docx)** and **PDF** file ready for print or upload

When you’re ready, you can just download and share it with your guests or upload it to your website.

Would you like me to also add a **“Welcome Message”** at the top of the packet (a warm note from you as host), or keep it strictly informational?

Top of Form



Bottom of Form

ChatGPT can make mistakes. Chec