



# An Autumn Wellness Retreat... Creatures of Habit

Whoever said doing the same thing over and over while expecting a different result is the definition of insanity... was wrong. It's the definition of life. It's the definition of being human. We are wired for patterns. We instinctively follow habits we believe will keep us safe shaped by experience, belief, and instinct. But sometimes those patterns outlive their purpose.

## Are you feeling stuck?

**Have you tried to make changes that never seem to last or feel impossible to begin?  
Do you feel like you're in a rut, wishing for a reset button for your mind or your body or your spirit?**

### Join Us...

**This immersive weekend retreat is an invitation to pause, reflect, and reset. You'll discover...**

- How emotional, mental, and physical patterns are formed
- How to recognize when you're repeating the same cycles
- Why lasting change requires more than "positive thinking"
- How to create new strategies through mindfulness
- Learn the importance of body-based awareness
- Practice new ways of "letting go"

**Transformation unfolds when we realign the patterns of our mind, body, and spirit. Over three days, we'll reflect on what supports us, adopt what nurtures growth, and explore the freedom that comes with releasing what no longer fits.**

### What You'll Experience

- Creative & meaningful workshops to cultivate personal growth
- Guided mindfulness practices, gentle morning yoga
- Body-based techniques for releasing emotional patterns
- Gentle reflection & journaling
- Practical tools you can take home & use in everyday life
- Space to breathe, reset, & reconnect

**This retreat supports lasting change in your mind, body, & spirit.**

### What Our Guests Love About Our Retreats...

"I felt so pampered and relaxed! Cristal and Gina created the perfect getaway that allowed me to REALLY take time for myself, rest, recharge, and be inspired." .....Lori

"O.M.G. the food was amazing! Creative, delectable and healthy all in one! Who knew that was a thing?! You won't leave hungry!" ...Melissa

"My experience was literally life changing! I have been to many retreats, but what Gina and Cristal do is truly special." ...Kim

### What's Included...

- Adirondack Lodge, Five Star Accommodations  
Spacious, Comfortable, Well-Appointed with  
Docks, Screened Porches, Kayaks, and more...
- Wholesome & Nutritious Meals
- All workshops and activities
- Self-Guided Creatives
- Massage Treatments (a la carte)

**Immerse yourself in nature with the  
perfect balance of relaxation  
and inspiration.**

**Date: September 25-27, 2026**

**Location: Camp Loon  
Sixth Lake, Inlet, NY**

**Cost:**

**Single Occupancy...\$749  
Double Occupancy...\$599**

*(per person)*

### Register Today!

Visti

[www.WanderingWellnessCollective.org](http://www.WanderingWellnessCollective.org)

OR

Cristal @ 315-572-5781

OR

Gina @ 585-409-8009

\$100 Non-Refundable Deposit Required  
Balance Due No Later Than September 1