



THE NTIMACY VAULT

BY KIMBER ROSE

SOFTENING

RETREAT GUIDE

AN INTIMATE COUPLE'S RETREAT IN
WHITEFISH, MONTANA

SEPTEMBER 10-13, 2026

LIMITED TO 4 COUPLES

BREATHE DEEPLY

SOFTEN TOGETHER

RETURN TO CONNECTION

A DIFFERENT KIND OF RETREAT

I created The Softening because I believe many couples are carrying far more pressure than support inside their relationships. Pressure to communicate perfectly. Pressure to heal quickly. Pressure to stay connected while navigating the fullness of everyday life.

Over time, many couples lose access to the spaciousness that connection actually requires. The Softening was intentionally designed as a different kind of retreat experience.

Rather than overwhelming you with constant workshops, emotional intensity, or pressure to perform healing, this retreat invites you into nervous system spaciousness, pacing, emotional safety, meaningful connection, and time to simply be together again.

My work as a somatic intimacy coach is rooted in the understanding that deep connection cannot be forced. It often returns naturally when the body finally feels safe enough to soften.

Throughout the retreat, I gently guide couples through breath-led connection practices, embodied awareness, emotional attunement, and relational experiences designed to support presence, safety, and reconnection. Some couples may find themselves talking for hours beside the fire pit. Others may reconnect quietly through shared meals, nature, hot tub soaks, touch, laughter, or rest.

Every experience is welcome here.

This retreat is about creating enough space, safety, and softness to come home to each other again.



ABOUT KIMBER

I've always been deeply curious about what allows people to feel truly safe with one another.

Not performative closeness. Not surface-level communication.

But the kind of connection where the body softens, the nervous system exhales, and people feel fully met in their humanity.

Over the years, my work has evolved into guiding individuals and couples through experiences rooted in emotional safety, embodied awareness, breathwork, nervous system regulation, and relational intimacy.

Again and again, I've witnessed that connection rarely deepens through pressure. It deepens through presence. Through slowing down long enough to actually hear each other. Feel each other. Notice each other again.

My work is grounded in the belief that intimacy is not something we force or perfect. It is something we create space for.

The spaces I facilitate are intentionally warm, spacious, emotionally safe, and deeply human.

And often, what transforms people most is not intensity...but finally feeling safe enough to soften.





COME BACK TO EACH OTHER SLOWLY

*Somewhere beneath the
noise, the pressure, and
the pace of everyday
life...
your connection is still
waiting for you.*

Mornings begin gently...

Coffee or tea on the deck. Mountain air. Space to exhale before the world asks anything of you.

Throughout the retreat, couples are guided through breath-led connection practices, nervous system-centered intimacy work, embodied exercises, shared meals, spacious conversation, and intentional rest.

There is no pressure to perform, fix, or force closeness here. Only invitations.

Invitations to slow down long enough to hear each other again.

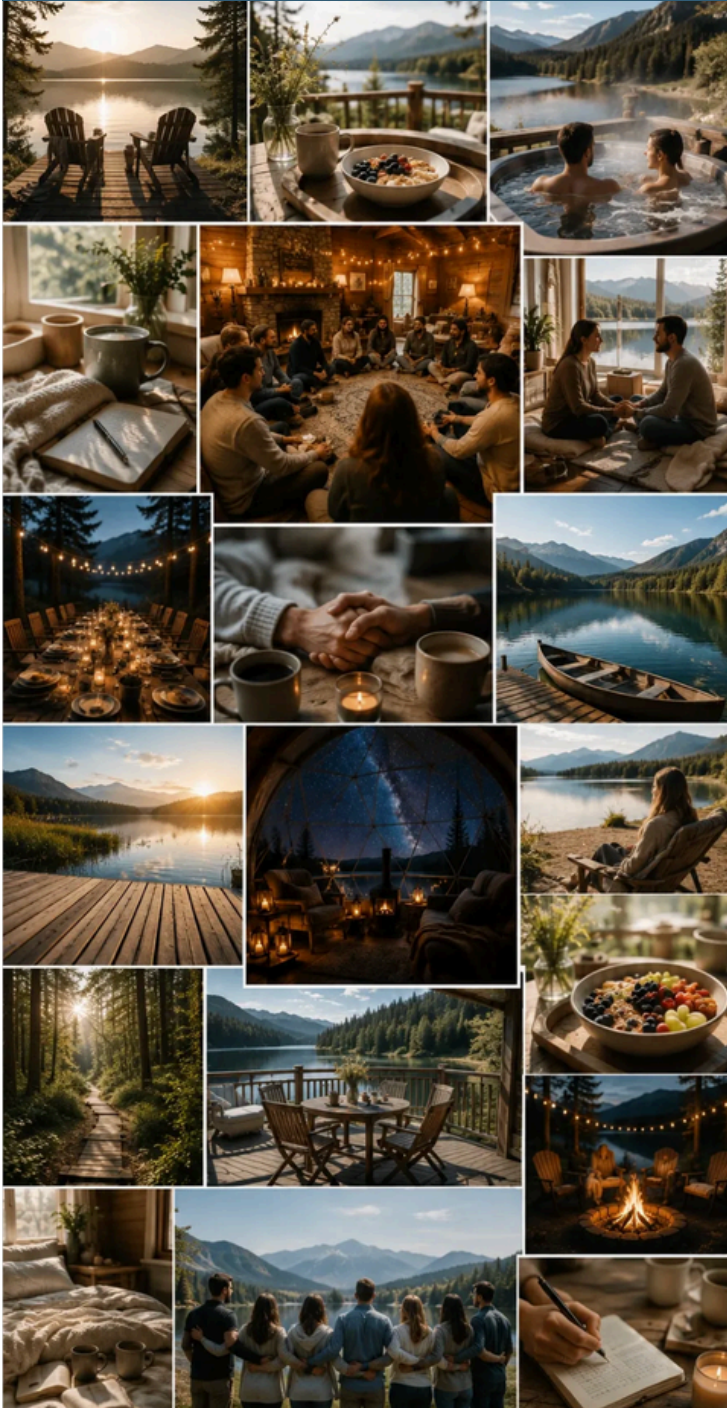
To reconnect through presence instead of pressure. To remember what becomes possible when emotional safety returns to the relationship.

Some moments will be deeply connective. Others may feel playful, emotional, sensual, quiet, or restorative.

All of it belongs.

THROUGHOUT THE RETREAT

Sometimes the deepest intimacy is finally feeling safe enough to exhale together.



Breath-Led Connection Practices

Guided experiences designed to help you slow down, reconnect with your body, and create emotional safety together.

Spacious Conversation

Intentional discussions and reflections that invite honesty, curiosity, and deeper understanding without pressure or performance.

Nervous System-Centered Intimacy Work

Explore how emotional safety, nervous system regulation, and presence shape intimacy, communication, and connection.

Rest & Integration

Unstructured space to walk, rest, journal, explore Whitefish, share meals, or simply be together without urgency.

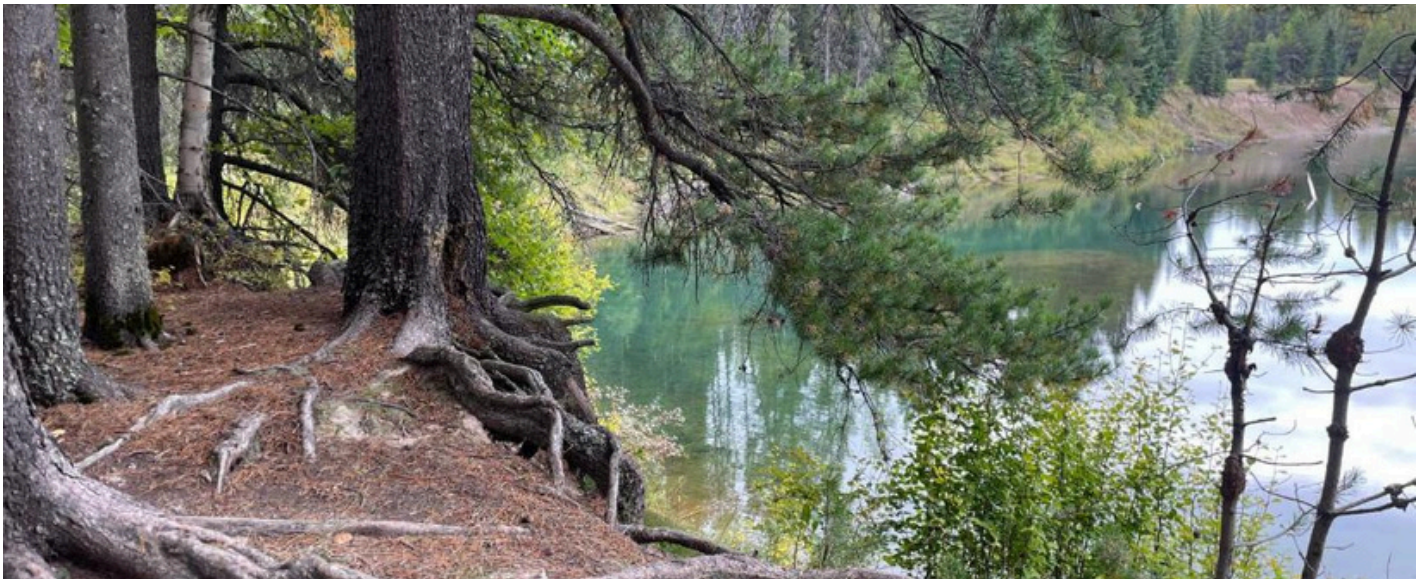
Shared Meals & Meaningful Moments

Connection often returns quietly through laughter, eye contact, warmth, and small moments of presence.



THE SETTING FOR THE SOFTENING

*The environment becomes
part of the exhale.*



WHO THIS RETREAT IS FOR

For couples longing to reconnect with themselves, each other, and the parts of their relationship that have been waiting for more presence.

This retreat was created for couples who love each other deeply, yet find themselves longing for more connection, softness, presence, or emotional intimacy within the pace of everyday life.

You do not need to be in crisis to belong here.

Some couples arrive feeling emotionally distant. Some are rebuilding trust or communication.

Some simply miss each other beneath the responsibilities, routines, and noise of daily life.

Others come because they desire a deeper kind of intimacy. One rooted in emotional safety, embodied connection, honesty, tenderness, and nervous system ease.

The Softening welcomes couples across many seasons of relationship.

Whether you arrive feeling playful, uncertain, disconnected, hopeful, loving, exhausted, curious, or somewhere in between... there is space for you here.

This retreat is especially supportive for couples who:

- value emotional depth and personal growth
- desire intimacy beyond performance or pressure
- are open to slowing down together
- want to reconnect through presence, honesty, touch, breath, and meaningful conversation
- are seeking a gentler, more human approach to intimacy and connection

You are not expected to arrive perfectly connected... *Only willing.*





THE SOFTENING INCLUDES...

Every part of The Softening is intentionally curated to support presence, emotional safety, spaciousness, and meaningful connection.

- Three nights lodging beneath the Montana pines
- Airport shuttle transportation during designated arrival and departure windows
- Welcome mocktails and arrival refreshments
- A thoughtfully curated welcome gift personalized for each couple
- Spacious chef-prepared meals throughout the retreat, including breakfast, lunch, dinner, and nourishing snacks
- Guided breath-led connection experiences
- Nervous system softening and relational coherence practices
- Guided intimacy and sensual touch education
- Spacious integration time woven throughout the retreat
- Access to the hot tub, hammocks, gathering spaces, nearby pond, and surrounding nature
- A lakeside afternoon picnic and connection experience at Whitefish Lake
- One private sunrise or sunset dome ritual experience per couple beneath the Montana sky
- A post-retreat integration session with Kimber

THE SOFTENING HOME

The spaces we rest in shape the way we soften.



The Softening takes place inside a spacious private retreat home nestled in Whitefish, Montana near Glacier National Park.

Designed for warmth, rest, and meaningful connection, the home offers inviting gathering spaces, quiet corners for reflection, and comfortable private accommodations for each couple.



Every part of the environment was intentionally chosen to support spaciousness, emotional ease, and nervous system restoration throughout the retreat experience.





One afternoon of The Softening is devoted entirely to spaciousness beside the cool waters of Whitefish Lake.

Couples are invited into a beautifully curated lakeside experience designed for slowing down, reconnecting, and simply being together beneath the Montana sky.

Layered blankets, low picnic tables, nourishing charcuterie, soft textures, nature, and spacious conversation create an atmosphere that feels both grounding and gently romantic.

During the afternoon, Kimber will guide a short breath-led connection journey and partnered softening practice, inviting couples into presence, nervous system settling, and deeper connection with themselves, each other, and the surrounding beauty of Montana.

There will also be spacious time to rest, swim, walk the shoreline, journal, laugh, cuddle beneath the pines, or simply exhale together.

Sometimes connection deepens most when nothing is being forced.

Just space.

Nature.

Presence.

And time to soften together.

THE LAKESIDE SOFTENING



SUNRISE DOME



SUNSET DOME

Each couple will receive one private dome ritual experience during The Softening, thoughtfully curated either at sunrise or sunset beneath the Montana sky.

These intimate experiences are designed to invite couples into deeper presence, nervous system settling, emotional connection, and spacious togetherness through guided breath, intentional touch, reflection, softness, and stillness.

The sunrise dome rituals carry the quiet energy of beginning again. Morning light filtering through the trees. Cool mountain air. Slow breath. Gentle awakening. A return to self and each other before the world fully arrives.

The sunset dome rituals offer a different atmosphere entirely. Golden light softening into dusk. Lantern glow. Evening stillness. A spacious invitation to unwind, reconnect, and settle into intimacy beneath the pines.

No two experiences will feel exactly the same.

Each ritual is intentionally personalized to support the unique energy, desires, and emotional rhythm of the couple receiving it.

Some experiences may feel playful.

Some deeply emotional.

Some restorative.

Some quietly sensual.

All are designed to create space for couples to soften together in a way that feels grounded, human, nourishing, and real.

SUNRISE & SUNSET DOME RITUALS

ACCOMMODATIONS & INVESTMENT

One couple per room



Mountain King Suite - Private king bedroom with direct access to the upstairs bathroom. \$2,497

A warm and grounding space located on the upper level of the home, offering a king bed, connected bathroom access, and proximity to the retreat's shared gathering spaces and spacious views.

Ideal for couples who enjoy being close to the heart of the retreat atmosphere while still having a cozy private sanctuary to retreat into.



Woodland Queen Suite - Private queen bedroom with nearby upstairs bathroom access. \$2,197

The most spacious bedroom in the retreat home, offering an airy and inviting atmosphere designed for rest, softness, and slow mornings together.

Located on the upper level near the retreat's shared gathering spaces, this room is ideal for couples who enjoy spacious accommodations and easy access to the heart of the retreat experience.



Meadow Queen Retreat - Private queen bedroom with nearby downstairs bathroom access. \$2,197

A peaceful lower-level retreat room offering additional privacy and separation from the main gathering spaces above.

Ideal for couples who enjoy a quieter, tucked-away atmosphere with a cozy and restful retreat feel.



The Wildwood Retreat Nest - Private lower-level retreat with flexible lounge and sleep spaces. \$2,197

An intentionally styled retreat cocoon designed for softness, spaciousness, rest, and connection.

Featuring a unique two-zone layout with cozy sleeping and lounge areas, this immersive retreat space invites couples into a slower, more relaxed retreat rhythm throughout the weekend.

Layered bedding, plush blankets, oversized pillows, soft lantern lighting, and grounding textures create an atmosphere that feels warm, playful, intimate, and deeply restorative.



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JUST MORE SPACE TO SOFTEN.*