



RESET RETREAT

THE WEEKEND OFFERINGS:

Welcome gift included!

Friday

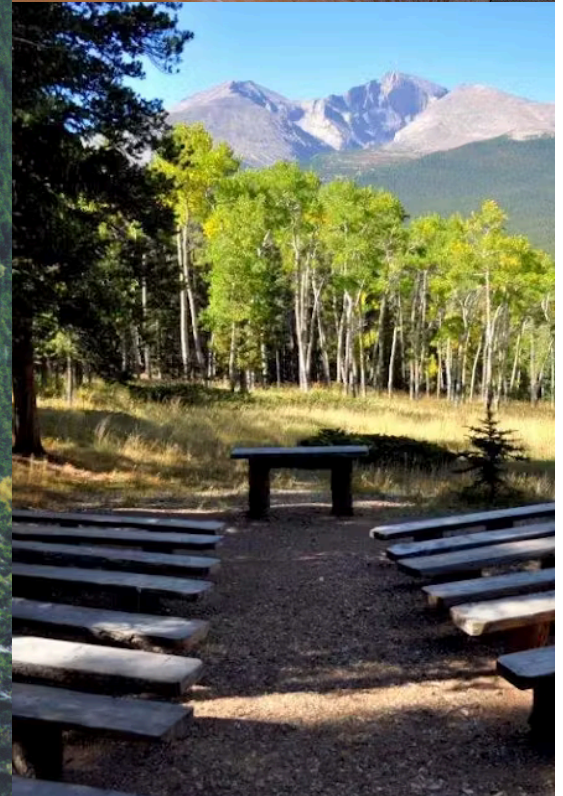
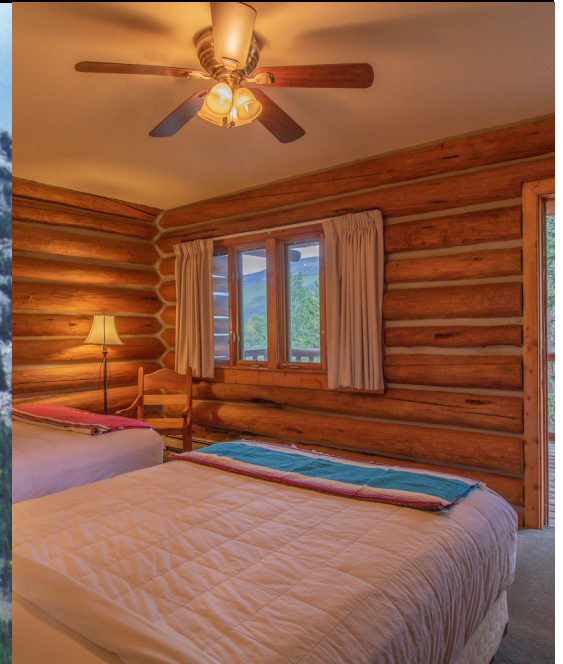
- 4-6:30pm check in
- 7pm welcome & introduction mocktails & dinner
- 8:30pm welcome ceremony/sound bath

Saturday

- 7am light stretching/green smoothies
- 8am breakfast/Adrienne (healing w/food intro)
- 9-10:30am short hike/tree bathing
- 10:30-12pm break
- 12-1pm electrolyte drink/lunch
- 1:30-3pm workshop: Make your own body oil & vanilla extract
- 3-4 pm acupuncture pressure workshop
- 4-5:30 pm break
- 6-7pm mocktails/dinner
- 6:30-7pm more food is medicine
- 7-8pm digestion & stress-free activities

Sunday

- 7am qigong (or chi gong) w/Brenna
- 8-9am wellness beverage shot/light breakfast
- 10am meditation/sound bath
- 10:30-11am gratitude/taking the memories home
- 11am check out



Each day we have the opportunity to Reset. Each moment we have the choice to re-center, relax, and re-juvenate with each breath. We often don't do that for majority of our waking and resting moments. Reset Retreat is your opportunity to retreat from your battle, and re-integrate your life with healing principles offered from healthcare leaders with an integrative approach.

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