

San Diego Mindfulness Retreat

JULY 30- AUGUST 2, 2026



Escape to the serene shores of San Diego and experience the ultimate retreat for mind, body, and soul.

Purpose & Objective

As the host of this 4-day Women's Mindfulness Retreat in the serene embrace of San Diego, my purpose is to create a sanctuary where women can come together, connect, and rediscover themselves. I want each participant to feel seen, valued, and empowered as they bond over shared experiences, laughter, and moments of quiet reflection. My hope is to foster an environment where genuine connections flourish, where strangers become friends, and where each woman leaves not only with cherished memories but also with a renewed sense of strength and community. This retreat is more than just an escape—it's a journey to celebrate self-love, nurture relationships, and inspire a deeper connection to life's simple joys. Through this experience, I aim to inspire others while finding inspiration in their courage and openness, creating a ripple of positivity that lasts far beyond our time together.

- ★ Icebreakers where participants can share personal journeys, challenges, or aspirations.
- ★ Communal meals that feel like family gatherings, emphasizing bonding over food.
- ★ Discussions on topics like self-care, empowerment, or overcoming challenges.
- ★ Optional activities so individuals can choose what feels most fulfilling.

ITINERARY

* AS TIME APPROACHES CLOSER DAY TO DAY MAY VARY BASED UPON AVAILABILITY



DAY-BY-DAY EVENTS

DAY 1: ARRIVAL & WELCOME

- AIRPORT TRANSFERS
- CHECK-IN TO YOUR ACCOMMODATIONS
- FREE TIME FOR SHOPPING OR EXPLORING THE CITY
- WELCOME RECEPTION WITH REFRESHMENTS AND INTRODUCTIONS



DAY 2: BEACHSIDE ADVENTURES

- MORNING YOGA & MEDITATION SESSION
- GROUP LUNCH FEATURING LOCAL SAN DIEGO CUISINE
- GUIDED BOAT TOUR



DAY 3: WELLNESS & RELAXATION

- MORNING YOGA & MEDITATION SESSION
- RELAXING SPA TREATMENTS
- FREE DAY CHOOSE AN EXTRA ACTIVITY OR ENJOY RELAXATION
- SUNSET COCKTAIL HOUR
- FAREWELL DINNER CELEBRATION

DAY 4: DEPARTURE & REFLECTION

- GROUP BREAKFAST AND FAREWELLS
- CHECKOUT AND DEPARTURE 10AM
- AIRPORT TRANSFERS

