

# 5-Day Reset Retreat



## Palm Springs, California

November 5-9, 2025

✨ A Desert Escape to Reconnect & Recharge  
Join us in Palm Springs for a transformative  
5-day journey. This retreat offers a  
harmonious blend of relaxation, adventure,  
and introspection, designed to help you  
unwind & realign.

[SLEEPYSUNSETEVENT.COM](https://sleepysunsetevent.com)

*Step away from the daily grind and  
immerse yourself in a space where  
you can breathe, reflect, and  
rejuvenate. This isn't about  
changing who you are—it's about  
returning to yourself.*



Scan me!

### 😊 What Awaits You:

- 4 nights in luxurious accommodations
- 3 nourishing meals daily
- Morning meditations and desert hikes
- Afternoon activities: hot springs soak, windmill bike tours, or deep-tissue massages
- Evening gatherings: golden-hour cocktails and fire-lit conversations
- Specialized workshops to inspire & enlighten
- 30-minute massage to soothe and relax
- Professional event photos to capture memories
- Pre & post-retreat support from our dedicated team



# Itinerary

## Day 1: Arrival & Unwind

- Check-in at a
- Light welcome bites & drinks
- Sunset soak in natural hot springs
- Stargazing & fire pit wind-down

## Day 2: Movement & Exploration

- Sunrise hike
- Poolside brunch & free time
- Excursion: Windmill or related
- Sunset drinks & dinner

## Day 3: Recharge & Reset

- Morning yoga & slow breakfast
- Optional float therapy
- Wine tasting & intimate group dinner
- Joshua Tree Sound Bath

## Day 4: Adventure & Connection

- Mindfulness Meditation with yoga
- Excursion
- Journaling & self-reflection session
- Golden-hour cocktails & celebration dinner

## Day 5: Closing & Departure

- Slow morning coffee & light breakfast
- Future self letter writing
- Check-out & optional farewell brunch





# Add-On's & Things To Do

\$200- Extra night before retreat

\$200- 60 min massage

\$75- Private Photoshoot Package

\$300- Exclusive Adventure

\$50- Packed lunch/picnic

\$40- Additional Morning Mindfulness session

\$80- Transportation To & From Airport (PSP)

## Adventure

- Palm Springs Aerial Tramway- \$50  
Ride to 8,500 feet for mountain air + panoramic views
- ATV or Jeep Tours  
Desert adventures through canyons and wind farms- \$200

## 🌱 Easy to Moderate Hikes

### 1. Tahquitz Canyon Trail- \$30

- 💧 2-mile loop to a 60-foot waterfall
- Spiritual walk + refreshing waterfall

### 2. Andreas Canyon Trail (Indian Canyons)- \$25

- 🌴 1-mile loop through palm oasis and rock formations
- Great for: Peaceful morning hike, journaling at the creek

### 3. Murray Canyon Trail to Seven Sisters Waterfall

- 🦎 4-mile round trip
- Moderate, ends at seasonal waterfalls
- Grounding walk

### 4. Palm Canyon Trail

- 🌴 Longest California palm oasis
- Options for short or extended hikes
- Beautiful and serene

Final Day to Add-On Extras is 2 weeks to the start date. Space is limited first come first serve.

All Add-On's include transportation.