5-Day Reset Retreat



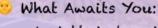
Palm Springs, California

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

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.



- · 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



Scan me!

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

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

- 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
 - T 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

MOTO

- · T Longest California palm
- Options for short or extended hikes
- · Beautiful and serene

All Add-On's include transportation.