

LAKE TAHOE RELAXATION

JULY 8-12 / 14-18, 2026

The power of women gathering is immeasurable.



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

Purpose & Objective

As the host of this 5-day Women's Relaxation Retreat in the serene embrace of Lake Tahoe, 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 LAKESIDE ACCOMMODATIONS
- MEET THE GROUP FOR A PICNIC AT LOCAL BEACH
- WELCOME RECEPTION WITH REFRESHMENTS AND INTRODUCTIONS

DAY 2: LAKESIDE ADVENTURES

- MORNING YOGA & MEDITATION SESSION
- GROUP LUNCH FEATURING LOCAL TAHOE 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

DAY 4: LAKESIDE ADVENTURES

- AFTERNOON KAYAKING EXCURSION ON THE TRANQUIL WATERS OF LAKE TAHOE
- LUNCH IN TOWN
- FREE TIME FOR SHOPPING OR EXPLORING THE QUAIN TOWN OF TAHOE CITY
- FAREWELL DINNER CELEBRATION

DAY 5: DEPARTURE & REFLECTION

- GROUP BREAKFAST AND FAREWELLS
- CHECKOUT AND DEPARTURE IOAM
- AIRPORT TRANSFERS



ADD-ON'S & THINGS TO DO

MASSAGE:

*DEADLINE TO ADD: 2 WEEKS BEFORE.

- +30 MIN \$65
- +1 HOUR \$130
- +2 HOUR \$240 (SEPARATE DAY)

^^ADD ONTO EXISTING MASSAGE

- EXTRA DEEP \$30 (BEYOND GENERAL DEEP TISSUE)
- HOT STONE \$40
- AROMATHERAPY \$20
- CBD \$35

FACIALS:

- 45 MIN. \$100

ADD AN EXTRA NIGHT BEGINNING OF WEEK \$150



OUTDOOR ADVENTURES

1. TAHOE TREETOP ADVENTURE PARK

- **DESCRIPTION:** AN EXHILARATING AERIAL ADVENTURE COURSE FEATURING ZIP LINES, BRIDGES, & OBSTACLES SET AMIDST THE PINES.
- **LOCATION:** 725 GRANLIBAKKEN RD, TAHOE CITY, CA 96145

2. TRUCKEE RIVER RAFTING

- **DESCRIPTION:** ENJOY A LEISURELY SELF-GUIDED RAFTING TRIP DOWN THE TRUCKEE RIVER, SUITABLE FOR BEGINNERS AND FAMILIES.
- **LOCATION:** RAFTING COMPANIES OPERATE FROM TAHOE CITY.

4. BIKING THE TRUCKEE RIVER TRAIL

- **DESCRIPTION:** A SCENIC, PAVED TRAIL IDEAL FOR BIKING, RUNNING, OR WALKING ALONG THE TRUCKEE RIVER.

5. FISHING ON LAKE TAHOE

- **DESCRIPTION:** EXPERIENCE FISHING IN THE PRISTINE WATERS OF LAKE TAHOE, TARGETING SPECIES LIKE TROUT & SALMON.
- **LOCATION:** CHARTER SERVICES AVAILABLE FROM TAHOE CITY MARINA.

HIKING TRAILS

1. TRUCKEE RIVER TRAIL

- **DISTANCE:** VARIES; UP TO 6 MILES ROUND TRIP
- **HIGHLIGHTS:** PAVED, FLAT TRAIL FOLLOWING THE SCENIC TRUCKEE RIVER; IDEAL FOR WALKING OR BIKING.

2. COMMONS BEACH LAKESIDE TRAIL

- **DISTANCE:** APPROXIMATELY 1 MILE
- **HIGHLIGHTS:** STROLL ALONG LAKE TAHOE'S SHORELINE WITH BEACH ACCESS AND PICNIC AREAS.

3. TAHOE RIM TRAIL: TAHOE CITY SEGMENT

- **DISTANCE:** VARIES; OUT-AND-BACK OPTIONS AVAILABLE
- **HIGHLIGHTS:** FORESTED TRAIL WITH LAKE VIEWS AND WILDFLOWERS IN SEASON.

4. PAGE MEADOWS TRAIL

- **DISTANCE:** 2.5 MILES LOOP
- **HIGHLIGHTS:** OPEN MEADOWS, WILDFLOWERS, AND MOUNTAIN VISTAS.

LAKESIDE ADVENTURE DAY:

CHOOSE WHICH ONE YOU WANT

- ✦ SOLO KAYAK
- ✦ SHARED KAYAK
- ✦ PADDLE BOARD

SHOPPING BOUTIQUES ARE JUST 5 MINUTES AWAY FROM US!

AIRPORT TRANSFERS \$100

TO & FROM RENO, NV

*DEADLINE TO ADD IS 1 WEEK PRIOR TO START DATE, PLEASE DO THIS ONE ASAP! LET ME KNOW YOUR PLAN FOR ARRIVAL IF DRIVING!

WATERFALL WALKS

1. EAGLE ROCK TRAIL

- **DISTANCE:** 1.2 MILES ROUND TRIP
- **HIGHLIGHTS:** SHORT ASCENT TO A PANORAMIC VIEWPOINT OVER LAKE TAHOE; WHILE NOT A WATERFALL, THE VIEWS ARE REWARDING.

2. CASCADE FALLS TRAIL

- **DISTANCE:** 1.4 MILES ROUND TRIP
- **HIGHLIGHTS:** SCENIC WATERFALL WITH VIEWS OF CASCADE LAKE AND LAKE TAHOE.