

A Day Away: Breathe, Move & Create

Hosted by Mindful Health Coach & Heartbeet Gardenscapes

Saturday, August 23, 2025

Step away from the noise and root yourself in a day of gentle renewal at Eagle Ridge.

A Day Away is a **nature-inspired retreat** designed to help you reconnect—with your body, breath, creativity, and the natural world.

Through guided **gentle yoga, mindful meditation, intuitive creative expression, forest bathing, relaxing sound bath and mocktail hour**, you'll be invited to slow down, soften, and sink into the present moment. Whether you're seeking clarity, calm, or connection, this retreat offers a **nurturing space to simply be**.

No prior experience needed—just bring an open heart, comfy clothes, and a willingness to receive.



ABOUT THE FACILITATORS

Allison Graff is YOUR Mindful Health Coach - a certified integrative nutrition health coach, yoga instructor, and mindfulness facilitator, who supports others in cultivating balance and PRESENCE. [@agraff.mindfulhealthcoach](https://www.instagram.com/agraff.mindfulhealthcoach)

Christalle Twomey is an Herbalist and owner of Heartbeet Gardenscapes. With a deep-rooted passion for the healing power of plants, Christalle weaves together regenerative gardening practices, intuitive guidance, and herbal wisdom to create meaningful connections between people and nature through products and services. [@HeartbeetGardenscapes](https://www.heartbeetgardenscapes.com)



Eagle Ridge Moravia, NY



Hello@HeartbeetGardenscapes.com



[HeartbeetGardenscapes.com/a-day-away-retreat](https://www.heartbeetgardenscapes.com/a-day-away-retreat)

