

SOFT PANTS



BIG DREAMS

# ITINERARY

DAY 1

## Thursday

03.26.26

### 12 - 5:00 P.M. ARRIVAL

Arrive at Tethys Mountain House on Flattop Mountain. Transportation will be provided from Charlottesville Airport, train station, or from the bottom of the mountain parking to the retreat.

### 6 P.M. WELCOME + INTENTIONS

Welcome ceremony + Intention setting

### 7 P.M. DINNER

Our guests will gather for an intimate welcome dinner with food prepared by our private chef to kick off our journey together.

### 9 P.M. DECOMPRESSION DEN

Guided meditation and sound bath

DAY 2

## Friday

03.27.26

### 8 A.M. FLOW AND GLOW

Optional restorative yoga and meditation followed by a light breakfast.

### 9:30 A.M. SOUND HEALING

Relax with a soothing 30-min sound bath as we start the day

### 10: 15 A.M. JOURNALING + GROUP SESSION

Spend time journaling as a group on a provided prompt of choice, followed by a group coaching session on what keeps us in our cocoons

### 11:30 A.M. FREE BLOCK/LUNCH

Choose how you spend your time. You can sign up for 1:1 sessions, explore the property, or take a nap. Hot tub use is also encouraged!

### 3 P.M. WORKSHOP

Participate in a workshop about authenticity, whether surviving or thriving.

### 5 P.M. HAPPY HOUR

Enjoy wines from Stone Mountain Winery. Non-alcoholic beverages will be available. Charcuterie.

### 6:30 P.M. DINNER

Enjoy a private dinner with the group by our in-home chef.

### 8 P.M. FREE-TIME

### 9 P.M. DECOMPRESSION DEN (OPTIONAL)

Guided meditation and sound bath

ALL MEALS INCLUDED

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# ITINERARY

DAY 3

Saturday

03.28.26

## 8:30 A.M. FLOW AND GLOW

Optional restorative yoga and meditation.

## 9 A.M. BREAKFAST + FREE TIME

Choose how you spend your time. You can sign up for 1:1 sessions, explore the property, or take a nap. Hot tub use is also encouraged!

## 12 P.M WORKSHOP + LUNCH

Dive deep into emotional healing and self-discovery. Lunch break will be built in.

## 2 P.M. INTEGRATION/FREE TIME

## 3:30 P.M. REIKI + SOUNDBATH

Experience a sound bath while receiving group Reiki

## 6 P.M. EMERGENCE CEREMONY

Break through your “cocoon” and say farewell to the version you’re leaving behind.

## 7 P.M. DINNER + CELEBRATION

Fun evening celebrating who we’re becoming and stepping into

DAY 4

Sunday

03.29.26

## 9 A.M. BREAKFAST & DEPARTURE

We'll start with a light breakfast, then pack up and say farewells. Each participant will be able to do a personal exit ceremony.

## 11 A.M. : FINAL CHECKOUT

ALL MEALS INCLUDED