



Soft Pants, Big Dreams Retreat Agenda:

Oct 29-Nov 02, 2025

Day 1 – Arrival & Grounding



Welcome + Intentions

Begin your transformative journey with a warm welcome and intention-setting ceremony to ground yourself in the retreat experience.



Sound Healing

End your first day with restorative sound healing to release travel tension and prepare your mind and body for the days ahead.



Firepit Social

Connect with fellow retreat participants around the warmth of a crackling fire, sharing stories and building community bonds.



Day 2 – Reset

Morning Foundation

- Baseline understanding of the nervous system
- Prompted Journaling

Afternoon Practices

- Somatic Breathwork
- Community Circle
- Sound Healing

i 1:1 Reiki and Coaching sessions start during free blocks



Day 2 focuses on establishing a deep understanding of your internal systems while beginning the reset process through guided practices and community connection.

Day 3 – The masks we wear

Morning Sessions

1:1 Reiki and coaching sessions available in the morning

1

2

The road to resilience

Explore pathways to building lasting inner strength and emotional resilience

3

Stone Mountain Winery

Excursion: Stone Mountain Winery visit, picnic-style lunch

4

The masks we wear

Deep dive into understanding the personas we present to the world

5

Halloween Shenanigans

Playful evening activities celebrating transformation and authenticity



Day 4 – Release

Meditation and Breathwork

Begin the day with centering practices to prepare for deep inner work and emotional release.

Releasing the Inner Critic

Transformative session focused on identifying and letting go of self-limiting beliefs and negative self-talk.

Sound healing

Restorative sound therapy to support the release process and integrate the day's emotional work.

1:1 Reiki and coaching sessions available throughout the day to provide personalized support during this intensive release work.

Day 5 – Close



Sound Healing

Final restorative sound healing session to integrate all the work and insights from your retreat experience.



Closing Circle

Sacred space for sharing reflections, gratitude, and commitments as you prepare to return to daily life.



Departures

Gentle transition back into the world, carrying your new insights and tools with you.

As you leave this sacred space, remember that the soft pants and big dreams you've nurtured here are yours to carry forward into every aspect of your life.