

# Soft Pants, Big Dreams Retreat Agenda: Oct 29-Nov 02, 2025

## Day 1 - Arrival & Grounding

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#### **Welcome + Intentions**

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



#### **Firepit Social**

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



### **Sound Healing**

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



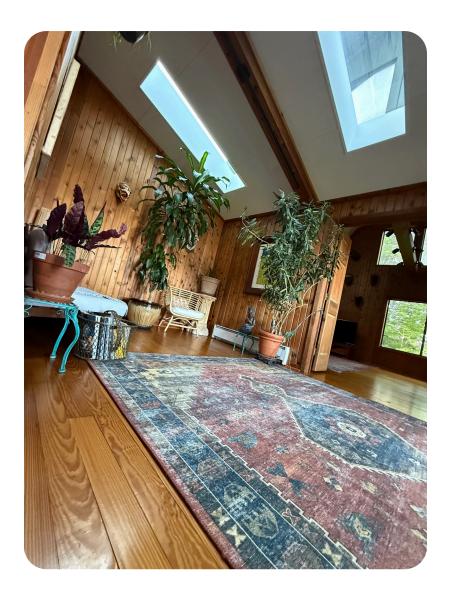
### Day 2 - Reset

### **Morning Foundation**

- Baseline understanding of the nervous system
- Prompted Journaling

#### **Afternoon Practices**

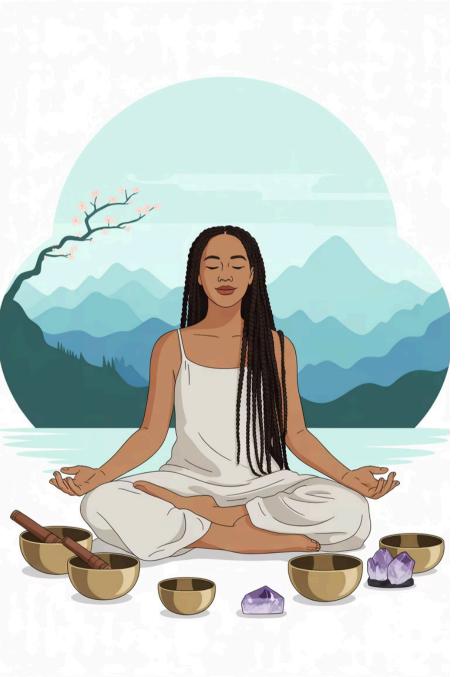
- Somatic Breathwork
- Community Circle
- Sound Healing
  - 1:1 Reiki and Coaching sessions start during free blocks



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





### 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.