

NOURISH

A Blue Ridge Retreat

The Horse Shoe Farm · Hendersonville, North Carolina · February 25–28 2027

There's a particular kind of quiet that settles in the mountains in late February, the kind that makes room for rest, for reflection, and a quiet return to yourself. NOURISH is four days at The Horse Shoe Farm built around exactly that: gentle movement, time in the forest, good food, and opportunity to be in community with those seeking the same.

What's Included

- 3 nights of lodging at The Horse Shoe Farm
- Breakfast and dinner in The Silo Cookhouse (dinner only on arrival day; breakfast only on departure day)
- All movement, yoga, and mobility sessions in the Sanctuary studio
- Guided 2-hour Forest Therapy walk
- Guided 2-hour mountain hike
- Evening Activities: restorative yoga, sound bath, and Yoga Nidra, fire pit gathering with s'mores

What's Not Included

- Travel to and from The Horse Shoe Farm
- Lunch on Friday & Saturday (open afternoons for rest, exploring, or the spa)
- Gratuities for staff
- Alcohol with meals
- Spa treatments and massages

Pricing by Room Type

Choose the room that feels right for you. All prices are per person and include lodging, breakfast and dinners, all sessions, taxes, and service charges.

Room Type	What's Included	Price per Person
Shared Room	2–4 guests per room · double/multi occupancy	\$2,045
Private Room	1 guest · your own space	\$2,680
Private Room (Shared)	2 guests sharing · price per person	\$2,125
Deluxe Room	1 guest · upgraded comfort	\$3,195
Deluxe Room (Shared)	2 guests sharing · price per person	\$2,835

Reserving Your Space

- 25% deposit due at booking to reserve your space
- Remaining balance paid in 3 installments: September 2026 · November 2026 · January 2027

Space is limited to keep this retreat intimate. If you have questions about which room might suit you, I'm always happy to talk it through.