

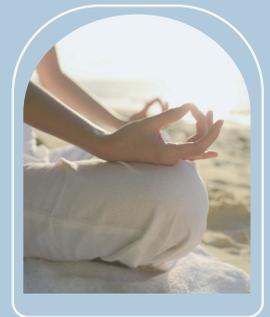
30A NAMASTAY RETREAT

SPIRITUAL, MINDFUL YOGA + CREATIVE RETREAT

4 DAYS · 3 NIGHTS · LIMITED TO 12 GUESTS

The Retreat

An intimate retreat for those craving rest, clarity, and depth without intensity. A gentle softening of the nervous system through mindful movement, creative expression, and intentional rest. Set within a private coastal home in Santa Rosa Beach, quiet, light-filled, and moments from the beach and reflection.



The Ritual

- Daily yoga and meditation
- Mindful clay pottery practice
- Sound healing and breathwork
- Nourishing coastal-inspired meals
- Spacious free time for rest
- Inspirational guest speakers



The Flow

Day One — Arrive + Exhale
Day Two — Rest + Reset
Day Three — Create + Connect
Day Four — Integrate + Depart



The Cost

- See price options below
- All programming, activities, meals, drinks and materials are included
- transportation for programming and to and from airport are included (**airfare not included**)
- Payment plans upon request.
- Corporate + private group buyout, mother and daughter, shower, and other options are available



FOR A DETAILED DESCRIPTION, PLEASE [CLICK HERE](#)

[CLICK HERE TO APPLY](#)

SEE DATE OPTIONS BELOW