

# Living Well Retreats

Personalized for individuals or small groups







## Living Well Retreats

Two-Night Retreat = \$700/per individual\* or \$1000 for two sharing a suite

Available for groups of 3-6 people depending on single or double occupancy

Weekend and weekday dates available upon request

Each retreat is highly personalized to the needs of the individual or small group. Whether you wish to focus on your strengths, your relationships, your energy or your creative nature, this is the perfect space to explore and expand.

### Sample structured agenda:

#### Day 1:

Arrive 3-5pm – optional hike and exploration

Dinner and discussions of goals and intentions for the retreat

Settle in around the firepit

Personal time to complete StrengthsFinder® and Via Character Strengths

#### Day 2:

7AM Qigong, hike and/or meditation

8AM Breakfast

9AM Lifeline exercise and reflection

10AM Wellness Wheel evaluations

11AM **RISE** framework:

- Recognize your value
- Inventory your strengths and areas of opportunity
- Select your mindset
- Enjoy sharing your gifts

12PM Lunch

1pm Time in the forest (Easy, medium or adventurous terrain)

3pm Personal reflection time

4pm Rediscovering nature together

5:30 Dinner and discussions

6:30 StrengthsFinder and Via Character Strengths

8pm Optional firepit and Three-Good Things

#### Day 3:

7AM Qigong, hike and/or meditation

8AM Breakfast

9AM Reflections and insights of strengths and possibilities

10AM Tackling fears: name them to tame them

11AM Mission statement and goals

12PM Lunch

1pm Time in the forest (easy, medium or adventurous terrain)



## Accommodations

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### **Contemplation Suite**

King Bed

Table with chairs

Window seating

Bathroom with 2 sinks & shower



### **Expansion Suite**

Queen Bed

Bathroom with shower/tub



### **Serenity Suite**

Queen Bed

Desk

Bathroom with shower/tub



