



TEMENOS TRAVEL

# KNOW YOURSELF RETREAT

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with  
**Tatyanna  
Wright**

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[www.tatyannawright.com](http://www.tatyannawright.com)



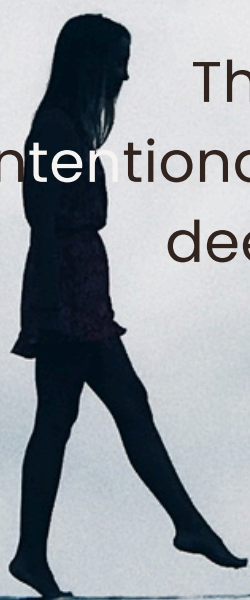
# The Retreat

Join me on the path to  
radical transformation

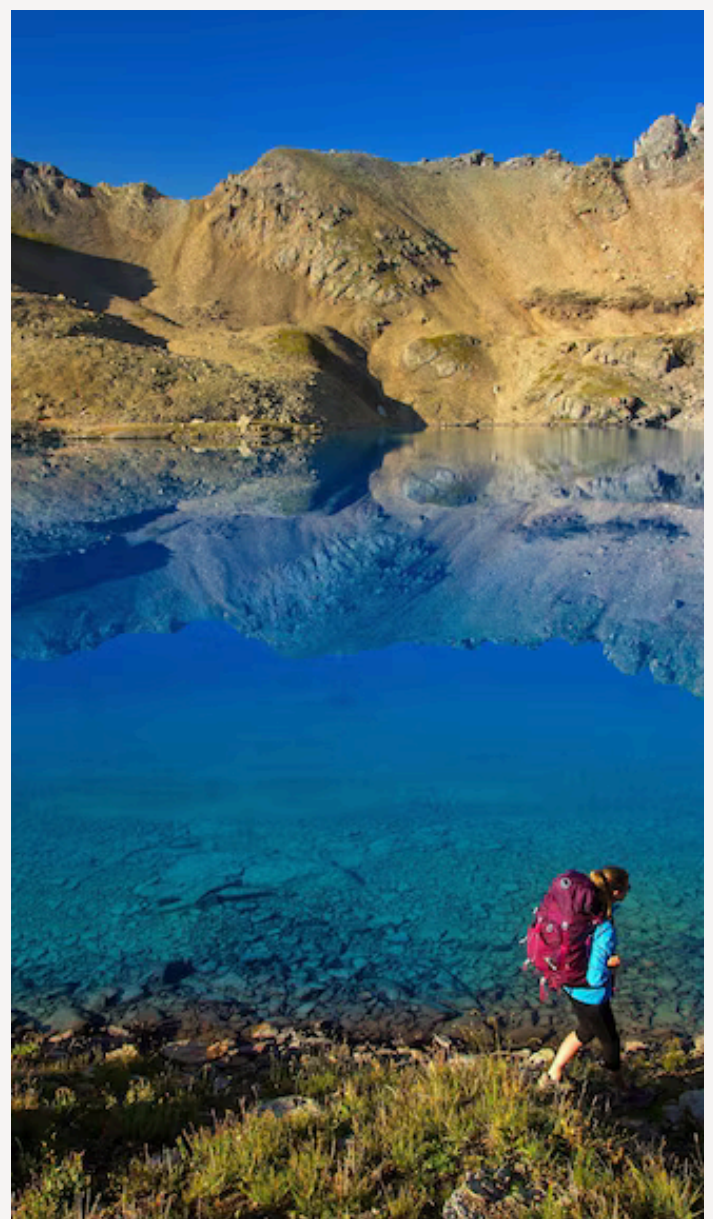
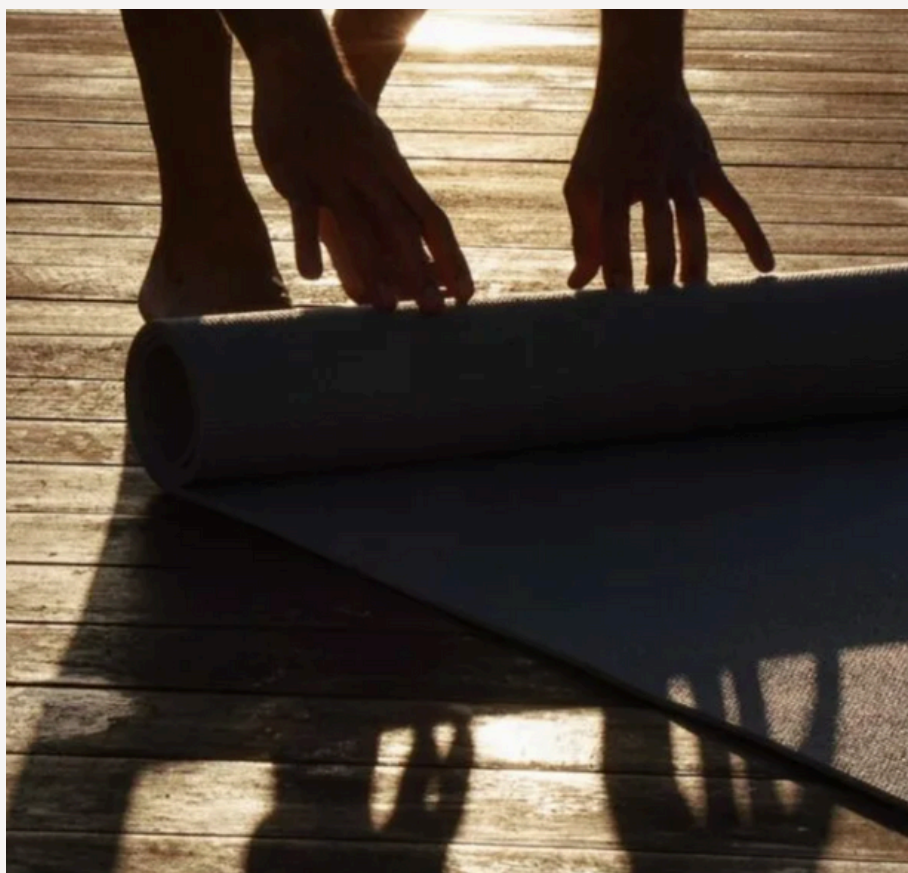
The Know Yourself Retreat is  
designed to dive within. A  
journey of remembering who  
you are, not who you think  
you need to be.

We explore what brings you  
joy, how to reclaim your inner  
power, and how to truly  
empower yourself to step  
into your courage.

This intimate retreat is  
intentionally small allowing a  
deep dive into the Self.







Located at the Madeline Augerbe Hotel in Telluride, Colorado. Chosen for its location in nature, luxury accommodation, gourmet cuisine, and award-winning spa. I invite you to practice with me during this five-night retreat. Intentionally intimate, providing an opportunity for personal introspection and meaningful connection.

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# THE LOCATION



# SAMPLE ITINERARY

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## Day 1

- Welcome brunch
- Free time
- Afternoon, Welcome to Yourself Session
- Dinner



## Day 2

- Morning pranayama
- Breakfast
- Yogic Journey, followed by lunch.
- Evening practice
- Dinner



## Day 3

- Morning pranayama
- Breakfast
- Private day tour: SU Paddle Boarding.
- Free night



# SAMPLE CONTINUED

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## Day 4

Morning meditation

Breakfast

Afternoon: Know Yourself, yogic journey.

Day of quiet contemplation.

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## Day 5

Morning pranayama

Breakfast

Free lunch break

Evening pranayama and closing ceremony.

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## Day 6

Morning pranayama

Breakfast

Self-care spa day

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“Tatyanna’s magic, particular medicine and method becomes an invitation for the hidden parts that never felt safe to come forward. She facilitated the healing I desperately have been praying for. Thank you, thank you, thank you.”

– Joshua Smith, VT

“What a beautiful and light filled experience. I’m still integrating the subtle aspects. I’m grateful for the message to trust. Such a gift to receive love from the unseen dimensions through your channel, thank you for making this possible.”

– Monika Vijn, UK

“Her wisdom is divine, and clearly next level as she is in direct alignment with Spirit. My time with Tatyanna was incredible! ”

– Amy Nobile Messing, NYC

# testimonials

“I chose to go with Tatyanna and I wasn’t disappointed in the least. It was amazing. I would absolutely recommend her to anyone looking to move past an issue. Tatyanna is truly special.” – Mona Loring, LA



# THE TEAM

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## Tatyanna Wright

*Transformation Coach*

**Tatyanna** is a sought-after channel and healer. After years of working as a TV producer, the opportunity to produce her dream documentary about yoga pulled her out of the producing world and into a guided journey of truth that lead to her teacher, a 27<sup>th</sup> generation Nepalese shaman.

**Today, Tatyanna** works with clients all over the world guiding them back to their truth. She also hosts the highly rated podcast, The Conscious Diva.



## temenos travel

*Bespoke Travel*

**Temeos Travel** specializes in group learning journeys. Designed for intellectually curious travelers, our group journeys combine cultural immersion with personal connection. In small groups of 6–10, guided by world-class experts, you'll explore destinations in a way that inspires lifelong learning, meaningful relationships, and unforgettable memories.

**Founded by Marc Harrington,** Temenos Travel designs journeys that inspire, connect, and transform. Temenos Travel is an affiliate of SmartFlyer, a Virtuoso agency.

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TEMENOS TRAVEL

# PRICING & TRAVEL

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**Pricing** \$5000 per person. Includes airfare.

**Dates** September 14<sup>th</sup> - 19<sup>th</sup> 2025

**Travel** Marc can arrange custom flight itineraries for each traveller through the SmartFlyer Air Team.

**Exclusives** Exclusive perks for every guest thanks to Temenos Travel's affiliation with the SmartFlyer and Virtuoso networks. All group members enjoy exclusive benefits—like room upgrades, daily breakfast and resort credits, early check-in/late check-out (when available), and more.