sukha
BLISS JOY HAPPINESS

WELLNESS ESCAPES

SELF+ Escape Series

DIFFERENT DESTINATIONS.
DIFFERENT CHAPTERS.
ONE JOURNEY BACK TO YOURSELF.

More Than a Vacation. A Return to You.

The SELF+ Escape series is a collection of luxury wellness experiences designed to help women explore what becomes possible when they begin choosing themselves without guilt, apology, or explanation.

Each escape takes place in an extraordinary destination and explores a different dimension of self—from restoration, pleasure, and reflection to confidence, possibility, ownership, and joy.

REST. EXPLORE. DISCOVER. CONNECT. INDULGE. GROW.

SELF+ CENTERED

TULUM
MEXICO

JAN 14–18, 2027

RESTORATION + RECONNECTION

Return to yourself.

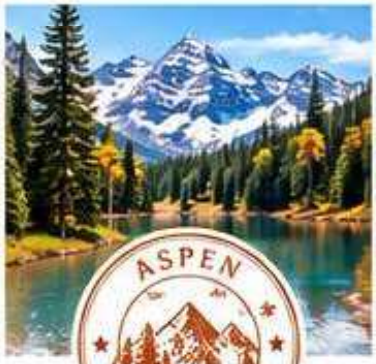
SELF+ INDULGENT

MYKONOS
GREECE

MAY 20–24, 2027

PLEASURE + OWNERSHIP

Savor your life.



SELF+ REFLECTION

ASPEN
COLORADO

SEPTEMBER 2027
(DATES TBD)

STILLNESS + CLARITY

Get quiet enough to hear yourself.

SELF+ ASSURED

TURKS & CAICOS

DECEMBER 2027
(DATES TBD)

CONFIDENCE + SELF-TRUST

Trust yourself.

Destination: Yourself.

LEARN MORE ABOUT THE SELF+ ESCAPE SERIES

SELF+ CENTERED | TULUM, MEXICO

Return to yourself.

Created for women who spend so much of their lives caring, achieving, managing, and giving. This escape creates space to turn some of that attention inward. Through rest, adventure, meaningful conversations, wellness experiences, incredible food, laughter, and connection, you'll rediscover joy and return to the center of your own life.

REST.
EXPLORE.
DISCOVER.
CONNECT.

LUXURY STAY | WELLNESS MOVEMENT | ADVENTURE & EXPLORATION | INCREDIBLE FOOD & DRINKS | MEANINGFUL CONNECTION

SELF+ INDULGENT | MYKONOS, GREECE

Savor your life.

An invitation to stop rushing and actually experience it—without asking for permission or validation. Long dinners that don't need to end. Beautiful food and wine. Sailing across brilliant blue water. Swimming in the Mediterranaan. Wandering through villages. Dancing. Sleeping in. Dressing up. Exploring. Laughing. Lingering.
And allowing yourself to enjoy all of it without wondering whether you've earned it.

FREE.
PLAYFUL.
COURAGEOUS.
UNAPOLOGETIC.

LUXURY STAY | WELLNESS MOVEMENT | EXPLORE THE ISLAND | INCREDIBLE FOOD & DRINKS | MEANINGFUL CONNECTION

SELF+ REFLECTION | ASPEN, COLORADO

Get quiet enough to hear yourself.

An intimate mountain escape designed to help you step away from the noise and create space to hear yourself again. Through nature, guided reflection, restorative movement, gourmet meals, and connection, you'll return home with more clarity.
You'll also leave with a custom Kemo Sabe hat as a luxurious reminder of the weekend.

QUIET.
GROUNDED.
RESTORED.
PRESENT.

MOUNTAIN BEAUTY | FIRESIDE CONNECTION | RESTORATIVE MOVEMENT | INCREDIBLE FOOD & DRINKS | LUXURY EXPERIENCE

SELF+ ASSURED | TURKS & CAICOS

Trust yourself.

An escape to explore what becomes possible when you stop second-guessing yourself and start trusting your own voice. Through lots of connection, reflection, conversation, adventures, wellness activities, incredible food, and plenty of fun, you'll return with greater confidence, clarity, and an unwavering trust in yourself.

BOLDER.
BRIGHTER.
BRAVER.
YOU.

BEACH PARADISE | MOVEMENT & WELLNESS | OCEAN ADVENTURE | INCREDIBLE FOOD & DRINKS | MEANINGFUL CONNECTION

Four Escapes. Endless Possibilities.

www.sukha.co

LEARN MORE ABOUT THE SELF+ ESCAPE SERIES