



# Nourish Retreats

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Nourish your intentions, yourself, and  
bring new energy to your purpose in  
these unique seasonal women's  
mindfulness retreats.



# Nourish as Intention

Nourish Retreats are centered around developing mindfulness through nourishing ourselves by investing in self care and caring for each other.

Each retreat is designed around the values of wholeness, connection, investing in mindfulness, and building support for individual capacity-building through interconnection and collaboration.

Throughout each 4-day journey, we will work together to build a *Community of Care* through acts of nourishing each other during each activity and meal.

The first meal will be hosted by your Retreat Guides. The rest of the retreat meals will be accomplished through Cohort teamwork and reciprocal creativity and generosity.





## upcoming retreats

Nourish Emergence / April 25-28, 2024

Nourish Grounding / October 10-13, 2024

Nourish Your Intentions / February 27 - March 2, 2025

Click [here](#) to request an information session or to RSVP





# Ignite Your Intentions

## Mindfulness Journey

### Day 1: Gathering

Welcome Dinner, Connect, Launch, Meditate

### Day 2: Discovery & Release

Yoga, Discovery Activities, Meditate, Release Ceremony

### Day 3: Intention-Setting

Yoga, Meditate, Intention Mapping, Connect

### Day 4: Activation

Yoga, Activation Activities, Closure and Gratitude





# Retreat Highlights

- ⊗ Wholeness-centered, Gestalt design
- ⊗ Professional Guides
- ⊗ Small cohort model (5-8 people)
- ⊗ Washington water-adjacent destination
- ⊗ Five Niyama Yoga Experience
- ⊗ Cohort developed as a *Community of Care*
- ⊗ Retreat fee is a sliding scale (\$600 - \$1,200) and includes instruction and housing
- ⊗ Meals organized and shared collectively

# Meet Your Retreat Guides



Candy Castellanos  
Gestalt Coach



Georgeanne Smith  
Rasa Yoga Instructor



Ulla Johnson  
Meditation & Visualization Guide

# Flow of the Journey



Entry

Discovery

Release

Intention  
Mapping

Activate

Welcome  
Gather  
Connect  
Meditate  
Rest

Yoga  
Discovery Activities  
Meditation

Release Ceremony  
Toast  
Connect  
Rest

Yoga  
Meditation  
Intention Mapping  
Community of Care

Yoga  
Activation Activities  
Gratitudes  
Closure



# Schedule

Day 1 4:00 pm arrival

Day 2 8:00 am – 7:00 pm

Day 3 8:00 am – 7:00 pm

Day 4 8:00 am – 11: am





Learn More



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