



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 <u>here</u> 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

- w Wholeness-centered, Gestalt design
- professional Guides
- Small cohort model (5-8 people)
- Washington water-adjacent destination
- p 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

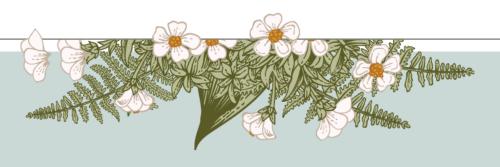


Georgeanne Smith
Rasa Yoga Instructor



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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