

WOMEN'S RETREAT

July 2025

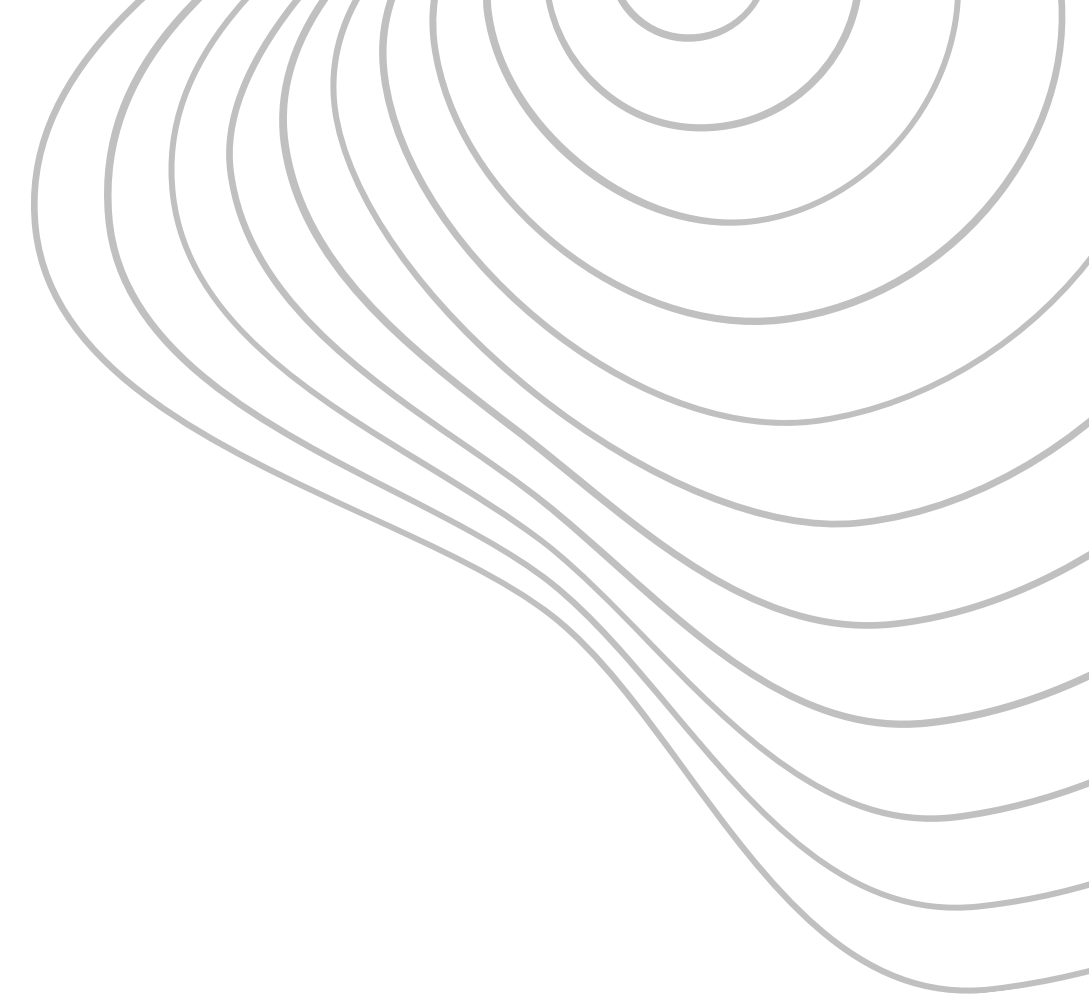
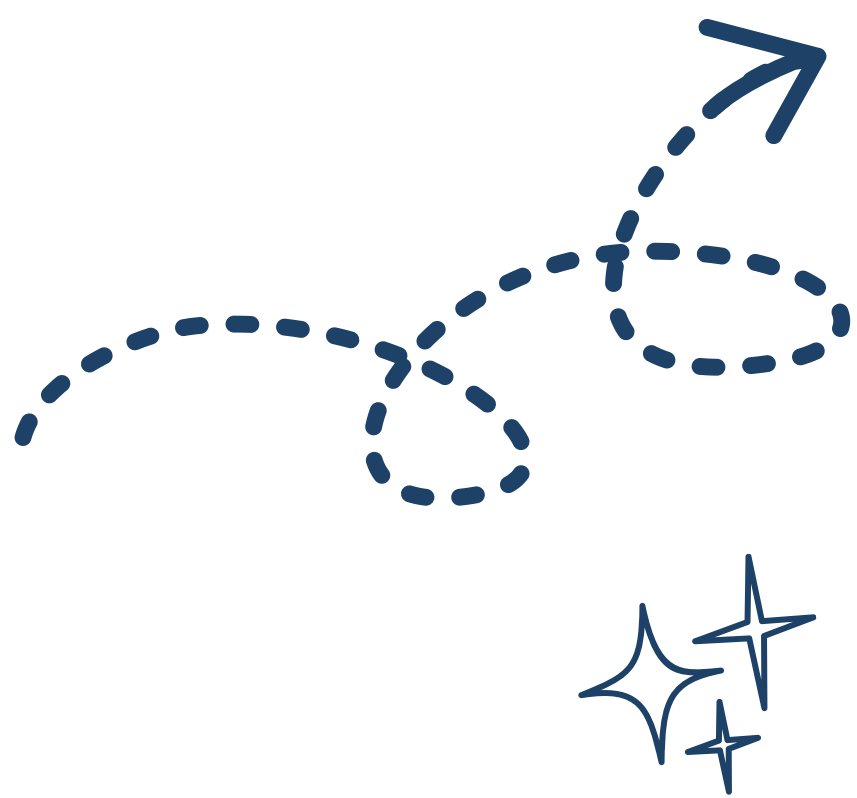
A Surprise Europe Destination

8 days / 7 nights of relaxation and recharging



WHAT TO EXPECT

Connection & Community, Relaxation & Self-Care,
Exploring, Space for Reflection, Empowerment &
Inspiration, A Break from Routine, Memories to Cherish



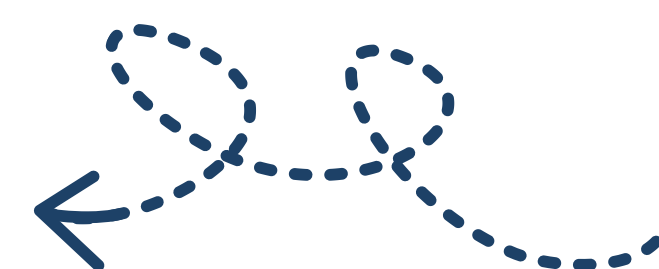
Picture THIS...



A RETREAT IN A CAPTIVATING FOREIGN DESTINATION, WHERE A SMALL GROUP OF WOMEN CAN UNPLUG, UNWIND, AND EMBRACE TRUE RELAXATION AND CONNECTION.

WHAT TO EXPECT:

- **Meals Provided:** Savor delicious dishes prepared daily by our on-site cook.
- **Meaningful Connections:** Build lasting relationships and share heartfelt moments with like-minded women.
- **Relaxation and Self-Care:** Enjoy time and space to unwind, reflect, and prioritize your well-being.
- **Private and Comfortable Accommodations:** Retreat to your own cozy room, designed for ultimate comfort and peace.
- **Empowering Evenings:** Be inspired during nightly group meetups with thoughtful discussions that uplift and motivate.
- **Freedom from Routine:** Escape the demands of everyday life and embrace a slower, more intentional pace.
- **Cherished Memories:** Create moments of joy and connection to treasure forever.
- **Surprise Destination:** Discover a serene, handpicked European location, perfect for recharging and reconnecting with yourself.
- **Breathtaking Surroundings:** Immerse yourself in the beauty of nature or a charming local setting in a foreign country.
- **Optional Adventures:** Explore the local area at your own pace or join optional excursions for added discovery.
- With only 5 guests and 2 leaders, our retreats offer an intimate and personalized experience, ensuring meaningful connections and tailored attention.





Sample ITINERARY



Day 1: Arrival and Welcome

Morning/Afternoon:

Guests arrive at the European retreat location, where a private driver transports them to the serene villa. Time to unpack, settle in, and relax in the peaceful surroundings.

Evening:

Welcome dinner prepared by the on-site cook. Enjoy introductions, casual conversation, and an overview of the week's flexible schedule.

Day 2: Leisure and Connection

Morning:

Start the day with a leisurely breakfast. Spend the morning journaling, exploring the property, or taking a short walk to soak in the surroundings.

Afternoon:

Optional outing to a nearby village or market for those who want to explore. Others may enjoy quiet time at the villa.

Evening:

Group dinner followed by discussion and games or a movie night in the cozy common area.

Day 3: Local Discovery

Morning:

Relax with breakfast at your own pace. Enjoy personal reflection, reading, or a light walk nearby.

Afternoon:

Visit a nearby landmark or scenic area for optional exploration. Guests can also choose to stay at the villa for some downtime.

Evening:

Share experiences over a delicious dinner, followed by storytelling or an interactive group activity.

Day 4: Serene Exploration

Morning:

A quiet breakfast to start the day, followed by self-paced activities like journaling or strolling the grounds.

Afternoon:

Optional outing to explore a local attraction or natural site, such as a charming town square or a scenic viewpoint.

Evening:

Gather for dinner and enjoy a group discussion and then a relaxing movie or casual group game.

Day 5: Cultural Immersion

Morning:

A slow morning with breakfast and time to reflect, journal, or enjoy a walk in the nearby area.

Afternoon:

Optional excursion to a nearby cultural highlight, like a historic site, quaint town, or local artisan shop.

Evening:

Group discussion to share more about each other and grow deeper connections within the group of women.

Day 6: Reflection and Gratitude

Morning:

Relax with breakfast and enjoy free time to reflect, journal, or explore the villa's surroundings.

Afternoon:

Optional outing to a hidden gem in the area or stay at the villa for personal relaxation.

Evening:

Group dinner followed by a gratitude session where participants share highlights and personal growth from the retreat.

Day 7: Celebration and Relaxation

Morning:

Enjoy a leisurely breakfast, followed by time to pack or revisit favorite spots around the property.

Afternoon:

Optional trip to a scenic location for a farewell exploration or personal time to unwind at the villa.

Evening:

Celebrate the last evening with a special dinner, a movie, or a fun group game night.

Day 8: Departure and Goodbyes

Morning:

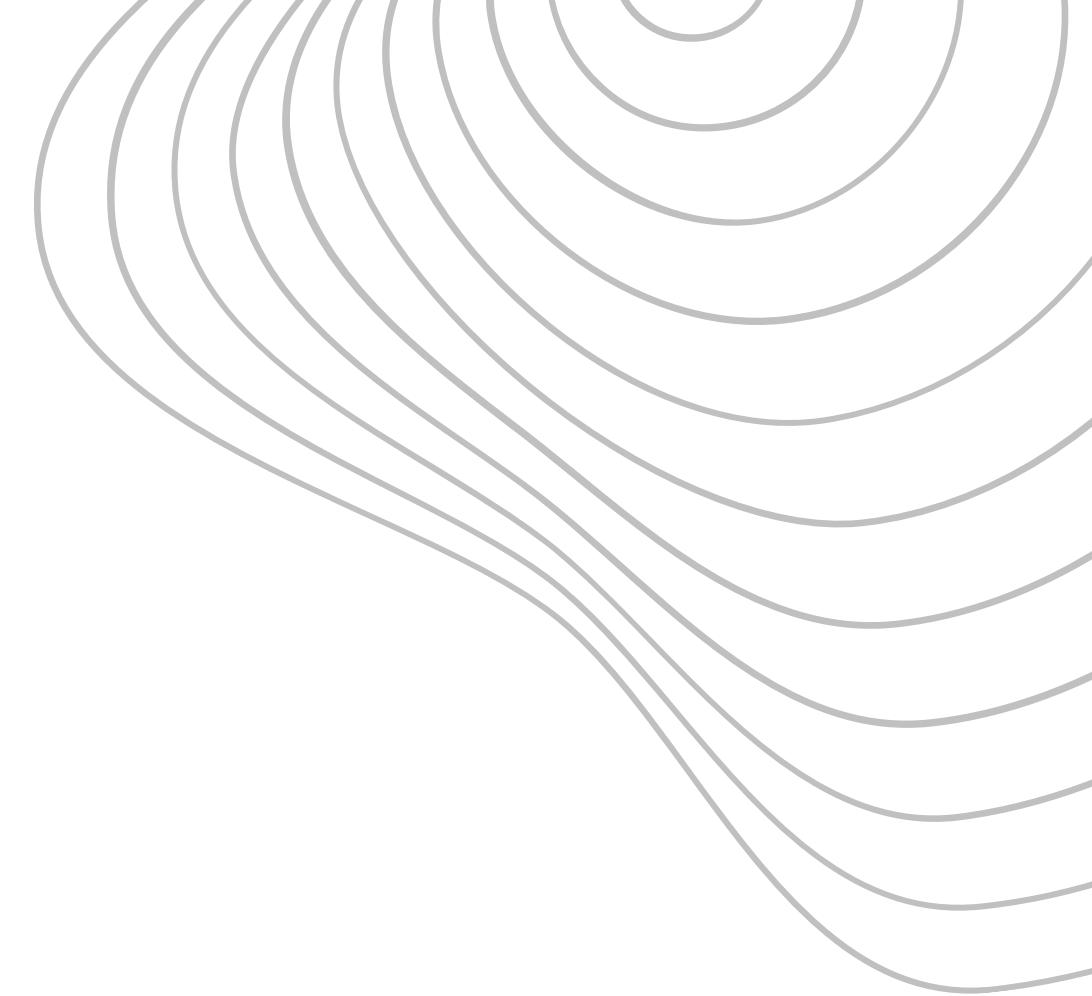
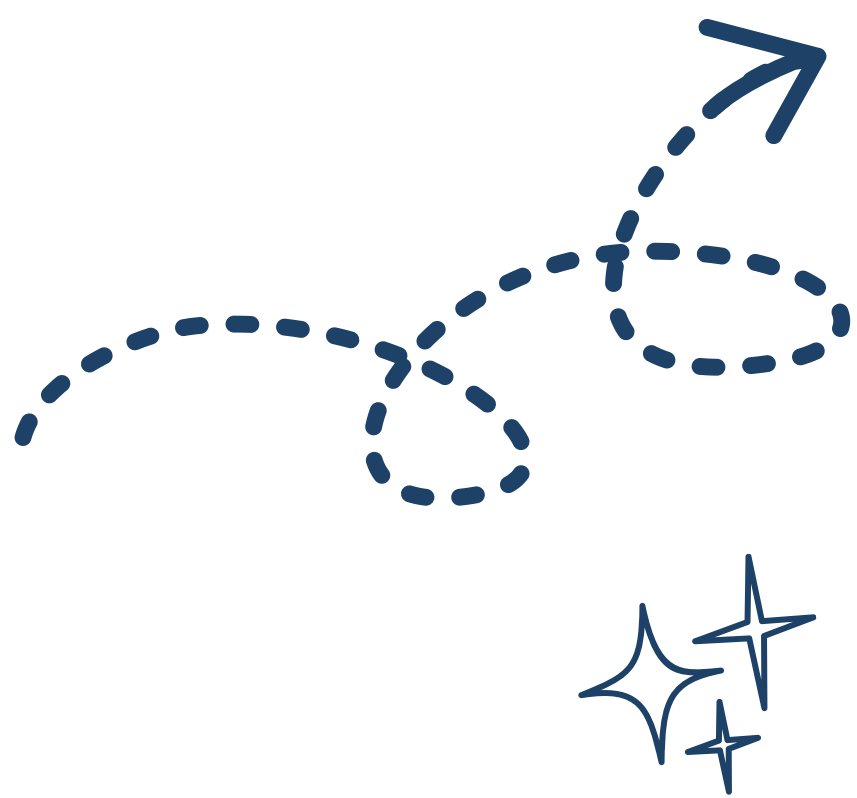
Light breakfast and heartfelt farewells. Private drivers transport guests to the airport, leaving them refreshed and inspired.

***Group discussions will be led by the retreat leader and will have a specific topic each night. This is a time to relax, recharge, and connect with other women going through life just like you!*



ACTUAL ITINERARY WILL BE PROVIDED PRIOR TO TRAVEL





Some FAQS



HOW DOES A SURPRISE INTERNATIONAL TRIP WORK?

Going on a surprise international trip is simple and exciting! All you need is a current passport, a love for surprises, and a desire to explore a beautiful European destination. We'll take care of all the details—from flights to transportation and accommodations—so you can focus on enjoying the experience. You'll receive important information about the climate and amenities at your accommodations in advance, but the exact location will remain a mystery until our special "reveal" just before travel, adding an extra element of excitement to your journey!

I'M INTROVERTED AND FIND GROUP SETTINGS CHALLENGING. HOW CAN I NAVIGATE THIS DURING THE WOMEN'S RETREAT?

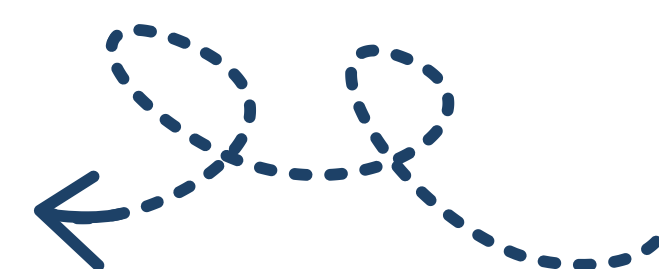
We completely understand, and we want you to feel comfortable and supported throughout the retreat. While our women's retreat includes group sessions each evening, these sessions are designed to be relaxed and reflective, offering a space to connect at your own pace. You're welcome to participate as much or as little as you feel comfortable with. There will also be plenty of solo time for relaxation, journaling, and unwinding, so you can recharge and enjoy the experience in a way that feels right for you. We prioritize creating a supportive environment where everyone can feel at ease.

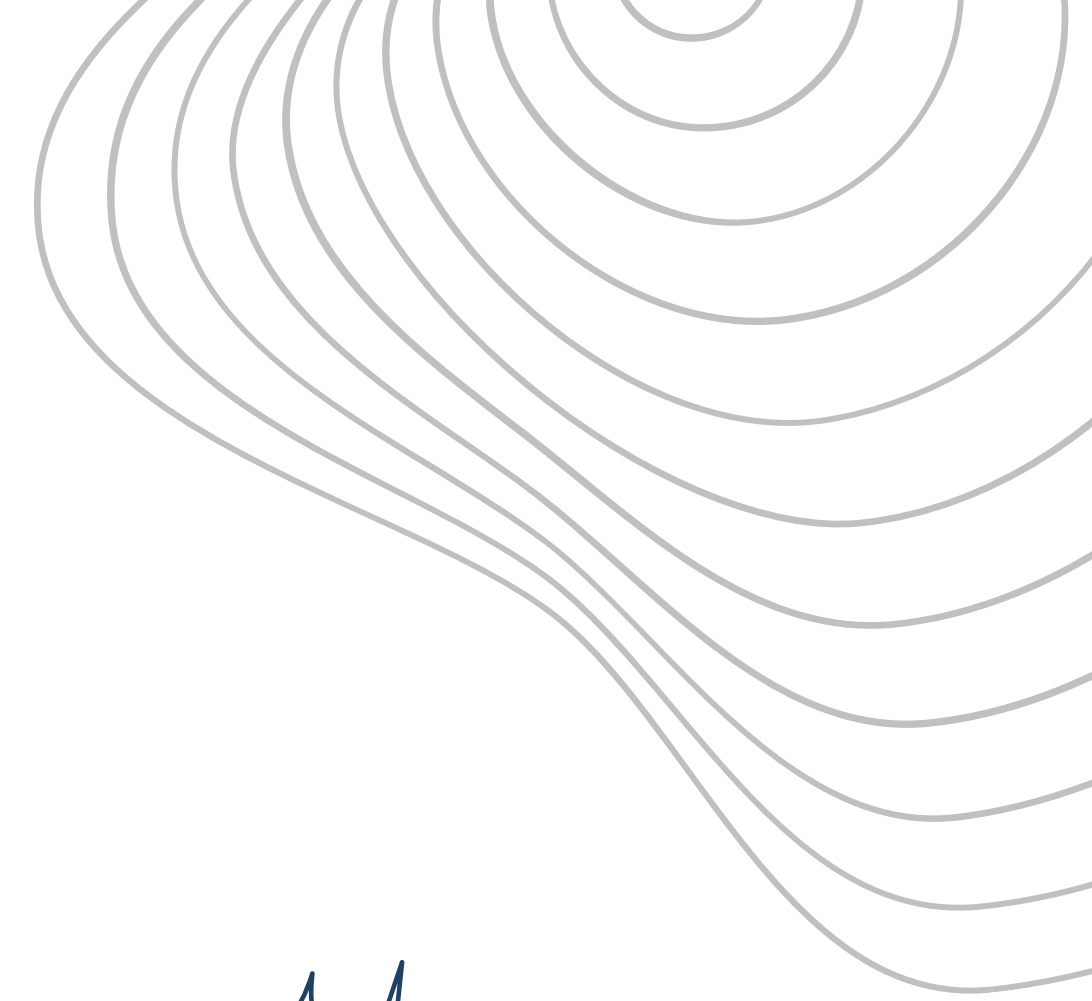
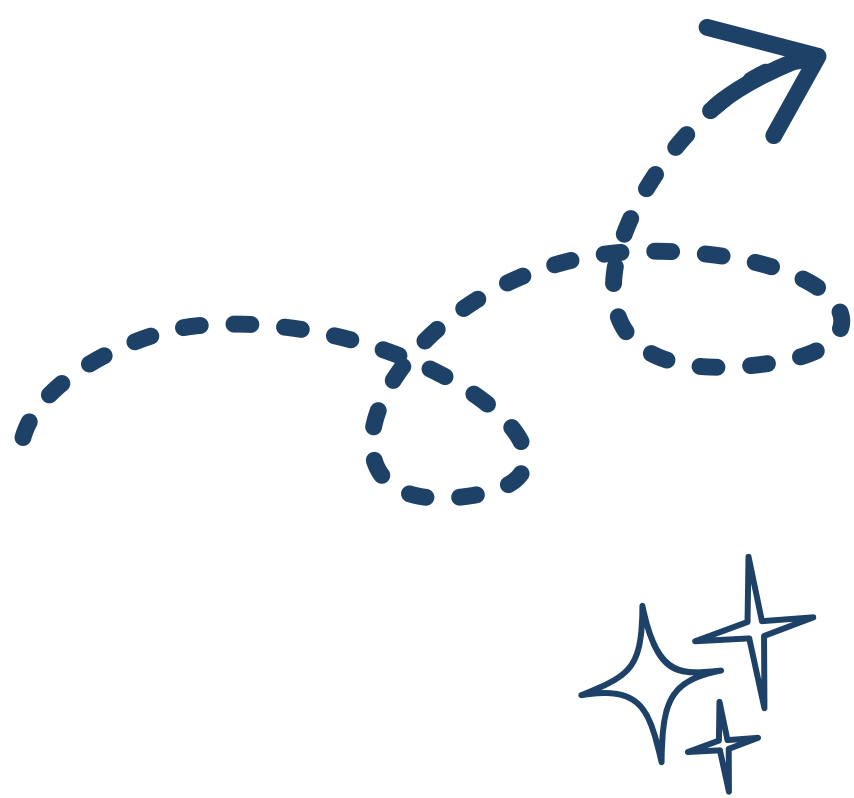
CAN I ATTEND TWO RETREAT WEEKS RATHER THAN JUST ONE?

Yes, you can absolutely attend two retreat weeks! We offer special discounts for those who choose to attend multiple weeks. However, please note that there will be a gap between the first group departing and the next group arriving. During this time, you will need to leave the premises for the day, but we can assist you with accommodations in the area to ensure a comfortable stay between retreats. Additionally, the retreat location does not change from week to week.

WHAT IS INCLUDED IN THE RETREAT PRICE?

The retreat price includes everything you need for a seamless and relaxing getaway: your **international** economy **flight** (booked for you, with the option to upgrade seats for an additional fee), **private accommodations** with **Wi-Fi** at the property, **all meals and drinks** prepared by our on-site cook, **private in-country transportation** to and from the airport, and **access to all group activities and sessions**. Optional excursions and activities are available at an additional cost and will be shared with you in advance of your travel—without revealing the surprise location!





DO I NEED TO TRAVEL WITH A GROUP, OR CAN I COME ALONE?

You are welcome to attend the retreat on your own! Many women choose to come solo to connect with others in a supportive, relaxing environment. Our small group size fosters meaningful connections, so you'll quickly feel like part of the community.

WHAT SHOULD I BRING WITH ME TO THE RETREAT?

You'll want to bring comfortable clothing for relaxation and exploring, as well as any personal items you might need for your stay. Be sure to pack a journal, a good book, and anything that helps you unwind. We'll provide more specific details on what to bring closer to the retreat date.

WHAT IF I HAVE DIETARY RESTRICTIONS OR ALLERGIES?

We are happy to accommodate allergies and will do our best to provide a variety of options for all dietary needs. However, due to the nature of international travel, we may not always be able to guarantee specific diets like gluten-free or vegan, as availability may vary once we're in-country. Our goal is to offer flexible, delicious meal choices that will cater to different preferences, ensuring everyone has options they can enjoy. Please let us know about your dietary restrictions or allergies in advance, and we'll do our best to accommodate you!

CAN I EXTEND MY STAY OR ADD EXTRA NIGHTS?

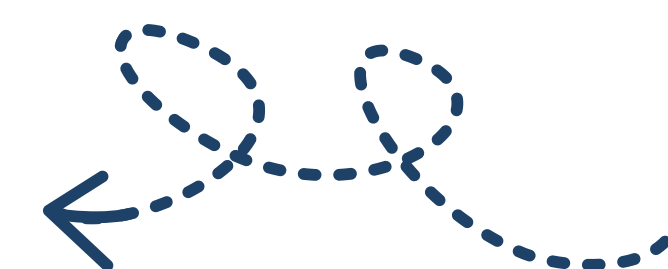
If you'd like to extend your stay, we can help you arrange accommodations for additional nights before or after the retreat. Just let us know in advance, and we will provide you with the options available.

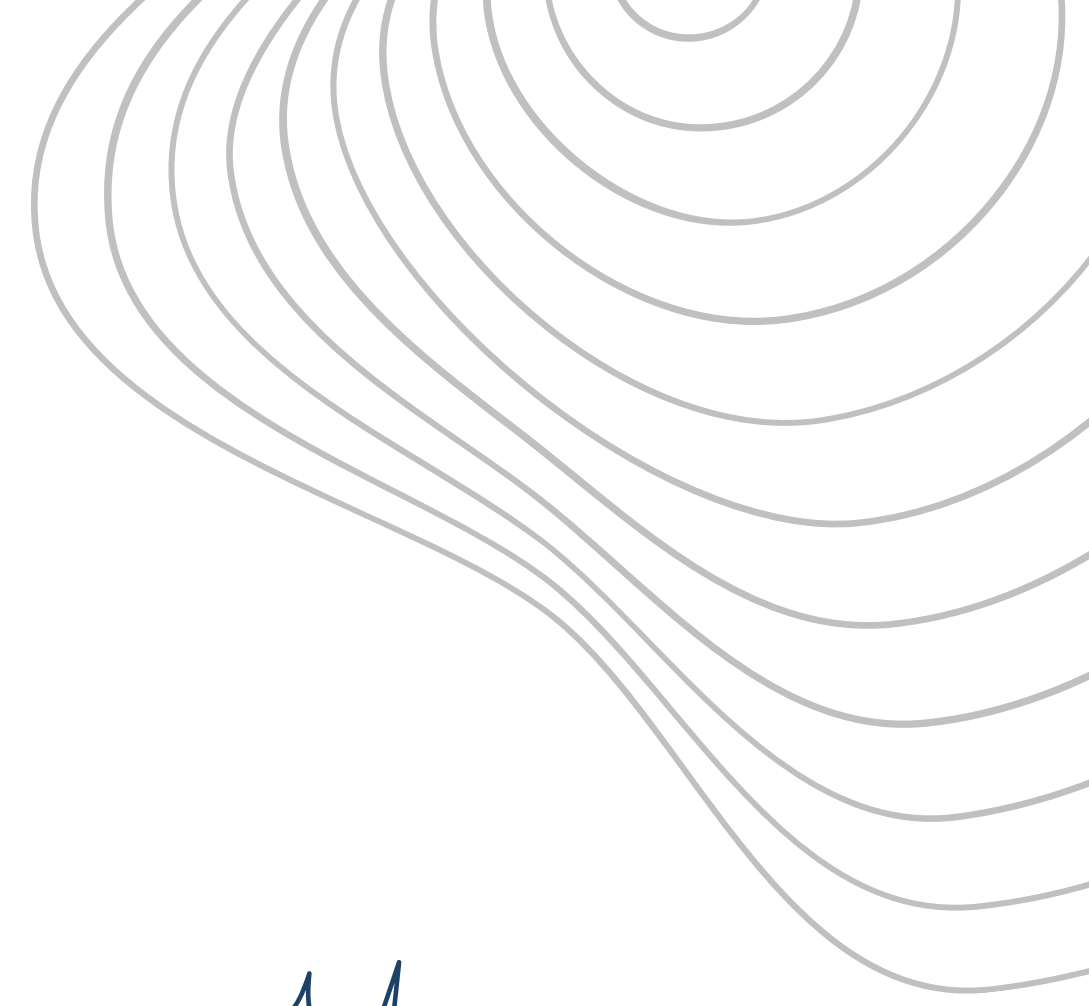
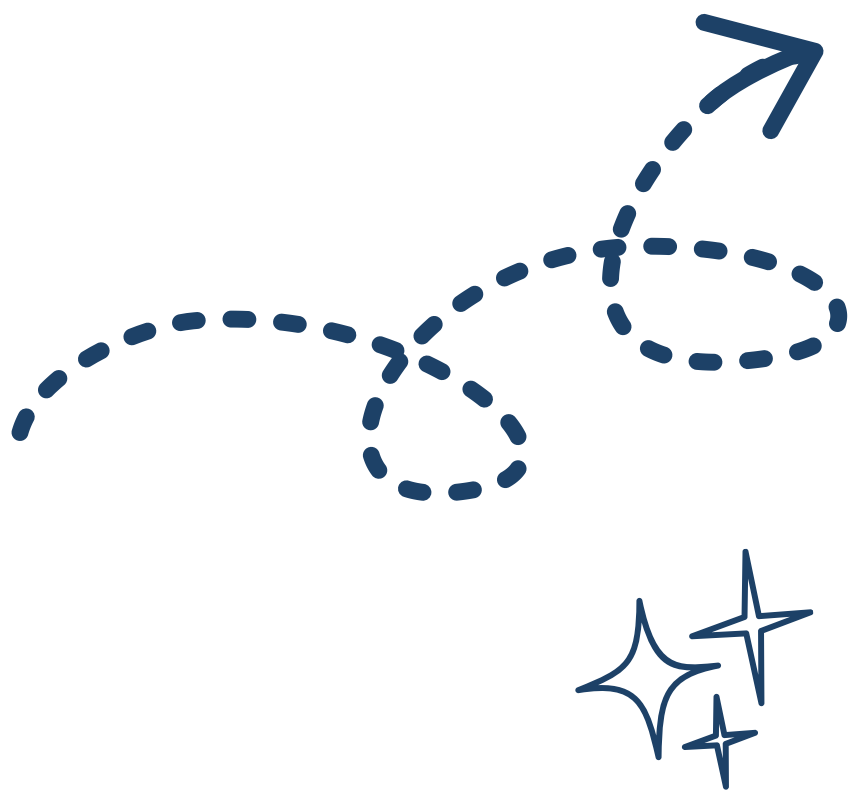
HOW PHYSICALLY DEMANDING IS THE RETREAT?

This retreat is designed for relaxation, so there are no strenuous physical activities required. You can enjoy peaceful walks, leisure time, and relaxation without the pressure of intense exercise or hiking. Activities are optional and tailored to ensure everyone can participate comfortably.

ARE THERE ANY AGE RESTRICTIONS FOR THE RETREAT?

The retreat is designed for adult women of all ages. Additionally, when you sign up, we ask for an age range to help us create the best possible experience for everyone. While we can't guarantee specific age groupings for every retreat, this information helps us design a more enjoyable and meaningful experience for all participants. If you have any age-related concerns, feel free to reach out, and we'll be happy to assist you!





HOW MANY PEOPLE WILL BE JOINING THE RETREAT?

We have two leaders (one head leader and one cook) and a maximum of 5 participants, ensuring an intimate and personalized experience.

HOW DO WE GET FROM THE AIRPORT TO THE RETREAT LOCATION?

We've got you covered! We will pick you up from the airport and take you in a private vehicle to the retreat location! No stress! It's likely a couple people will be arriving at the same time as you, so we will pick as many women up at the same time.

WHAT ARE THE DATES OF THE WOMEN'S RETREAT?

Each retreat includes 8 days and 7 nights in-country. Keep in mind that most travelers will need to depart the U.S. the day before the retreat start date to ensure timely arrival. Be sure to factor this into your travel plans. The following dates are for 2025.

Week 1: July 1st - 8th -- *(Flight likely to leave on June 30th)*

Week 2: July 9th - 16th -- *(Flight likely to leave on July 8th)*

Week 3: July 17th - 24th -- *(Flight likely to leave on July 16th)*

Week 4: July 25th - August 1st -- *(Flight likely to leave on July 24th)*

WHAT IS THE PRICE?

The price for this incredible 8-day, 7-night retreat—including international flights, private accommodations, all meals and drinks at the property, in-country airport transfers, and group activities—is \$7,380. For those seeking an extended escape, you can join us for two consecutive weeks and enjoy a \$1,500 discount off the total price!

HOW DO I SIGN UP?

Signing up is simple! Just scan the QR code provided and complete the form. Once submitted, we'll be in touch with all the details to help you prepare for your retreat!



Scan me

