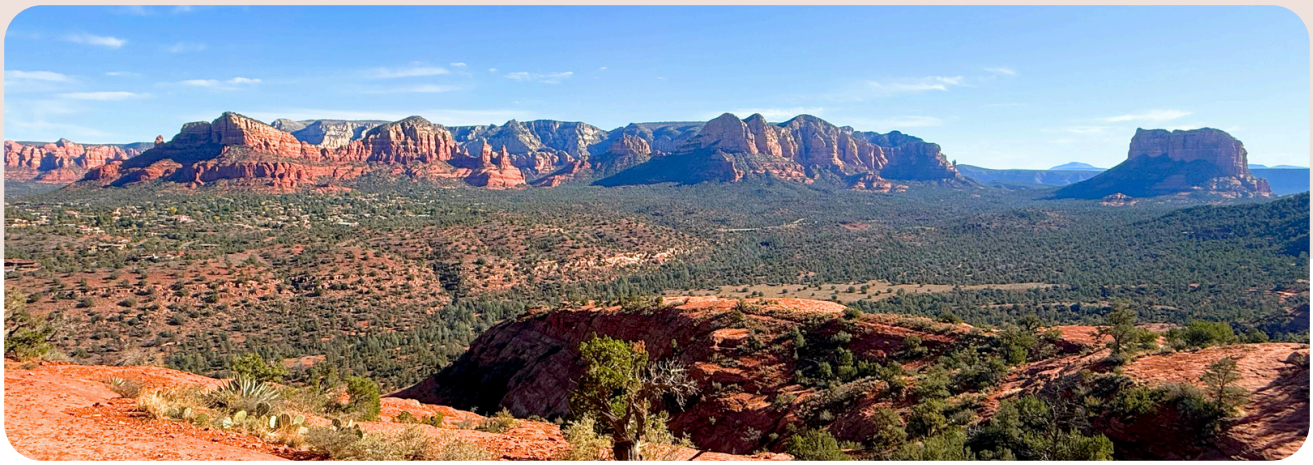


COMFORT ZONE RETREATS

Sedona Retreat Welcome Packet

DECEMBER 10–13, 2026



WELCOME!

We are so grateful to have you join us for this
Comfort Zone Retreat adventure to Sedona, Arizona!

In this packet, you'll find info on all of the following :

Key Details
Connect With Your Fellow Retreaters
Packing List
Etiquette & Guidelines
Prep Protocol To Prepare Your Mind and Body
Journal Prompts
Podcast Recommendations

See you soon!

Ellie & The Comfort Zone Team

01 KEY DETAILS

LOCATION & TRAVEL

RETREAT CENTER ADDRESS : WHERE WE ARE STAYING : We will be staying at two beautiful retreat propeties in the heart of Sedona

RETREAT PROPERTY ADDRESS : CHECK-IN IS HERE
20 Sierra Roja Circle
Sedona, AZ 86351

CHECK-IN

Thursday, December 10 at 4:00PM MT

- Please arrive to the retreat property Thursday, December 10 between 4:00PM
- If you're flying into Phoenix Airport, you can schedule a Groome Shuttle from Phoenix airport to drop you off in Sedona at the Red Agave Resort at 3:45PM and we will pick you up there. Red Agave Resort is ~5 minutes from our retreat properties

CHECK-OUT

Sunday, December 13 at 12:00PM

- Our retreat will complete by 12:00PM on Sunday, December 13
- If you're flying, please schedule your flight to depart from Phoenix after 4:00PM MT on Sunday, December 13

04 SEDONA PACKING GUIDE

CLOTHING

- [ ] Activewear for day excursions and hiking
- [ ] Yoga clothes for daily yoga
- [ ] Comfy clothes and pajamas for evenings
- [ ] Warm Layers for mornings and evenings:
- [ ] fleece or mid-weight sweater
- [ ] Insulated jacket (down or synthetic)
- [ ] Rain/Wind jacket just incase
- [ ] Hat/Sun Protection Gear
- [ ] Swim Suit
- [ ] Gloves & Warm Hat if chilly in morning/night
- [ ] Non-Smart Watch (phone free to check time)

FOOTWEAR

- [ ] **Hiking Boots or good trail shoes** (highly recommend hiking shoes with good tread/grip on the bottom and ankle support if you have them)
- [ ] Athletic/Casual Shoes
- [ ] Sandals/House shoes (optional)

TOILETRIES/SELF-CARE

- [ ] Toothbrush + toothpaste
- [ ] Basic Toiletries (Shampoo, conditioner etc.)
- [ ] Deodorant
- [ ] Razor
- [ ] Hair Supplies: Hair Brush, Hair-dryer, Hair ties
- [ ] Period products (tampons, pads, cup etc.)
- [ ] Tweezers/Nail clippers
- [ ] Eyedrops if dry eyes/Chapstick (Arizona is dry)
- [ ] Contacts + Solution if you use them
- [ ] Prescription medications / Supplements
- [ ] Hand sanitizer

DAY PACK ESSENTIALS

- [ ] Day Pack/Small Backpack for Hiking/Excursions
- [ ] Reusable water bottle 40 Oz or larger
- [ ] Hiking Poles **(optional, but really helpful for extra support, balance, and helps protect your knees)**
- [ ] Sunscreen
- [ ] Lip Balm with SPF
- [ ] Optional Handwarmers
- [ ] Driver's License or Government ID

HEALTHY SNACK IDEAS

FOR TRAVEL/HIKING

Paleo Friendly, Peanut-Free Please, Gluten Free

- Grass-fed Jerky (like Chomps Sticks)
- Epic Bars (bison, beef, turkey, etc.)
- RX Bars (without peanuts)
- That's It Fruit Bars or Lara Bars (peanut free)
- Grain Free Granola like Wildway or Paleonola
- Nuts/Seeds: Pistachio's, cashews, almonds
- (check for no added seed oils)
- Dried Fruit (unsweetened mango, figs, dates)
- Dark Chocolate Like Hu Dark Chocolate

OPTIONAL EXTRAS

- [ ] Journal/Book
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]



05 ETIQUETTE & GUIDELINES

This weekend is about deep connection—within ourselves, with nature, and with each other. To create a safe, intentional, and transformational space, we ask everyone to honor the following guidelines :

Respect Each Other

We are a community for the weekend—brothers and sisters on the path. Treat each other with kindness, compassion, and non-judgment. Others may reflect parts of ourselves back to us. This is part of the growth. Let's practice open-heartedness, presence, and patience as we learn with—and from—one another.

Respect the Land

We are guests on this sacred land. Please be mindful of your impact: tread lightly, avoid disturbing plants and wildlife, and always follow Leave No Trace principles. Let's leave this place better than we found it.

Follow the Dieta on Retreat

We'll be providing delicious, nourishing meals and snacks throughout the weekend to support physical and energetic reset. Please avoid bringing outside food, especially processed or sugary snacks. You'll find approved snack ideas on the Packing List!

No Drugs or Alcohol

This weekend is about tuning into our natural state and tapping into our internal chemistry. Please refrain from all drugs, alcohol, cannabis, vapes, and other psychoactive substances.

Unplug to Plug In

What if, for a few days, you didn't feel pulled in a hundred directions?
One of the most special parts of this retreat is the space to fully unplug from technology and reconnect with yourself, nature, and meaningful human connection. During our Welcome Circle, we have a ritual of turning over our phones to support a deeper sense of presence and peace. Of course, at anytime if you need to check in with loved ones, you can access your phone, and we'll also provide our facilitator contact information in the event someone needs to reach you. Guests often say this is their favorite part of the entire experience and is such a gift. Everyone is able to connect deeper as we share this unplugged intention together as a group.

Honor Boundaries

To maintain a safe, open environment for all, we ask that you refrain from nudity, sexual conduct, or romantic advances. This is a space for deep inner connection and healing. Let this weekend be a time for you to fully focus on yourself.

Quiet the mind and the soul will speak

06

NOURISH TO THRIVE: 10-DAY PREP

PRE-RETREAT NUTRITION RECOMMENDATIONS

Please Note - This is a flexible guide to help you feel your best on this retreat —not a rulebook.

- If you have specific dietary needs, sensitivities, or personal preferences, please honor what works best for you.
- If possible, ease into these guidelines ~10 days before the retreat to give your system time to reset. But above all—listen to your body.

The Mind-Body Connection

How we nourish ourselves directly impacts how we think, feel, and show up. Choosing nutritious, low inflammatory foods can help you **feel more emotionally balanced, mentally clear, and physically energized** for the journey ahead.

In general, we are looking to **reduce inflammatory, highly-processed foods, refined sugar, gluten, and seed oils.**

"Quite literally, your gut is the epicenter of your mental and physical health. If you want **better immunity**, efficient digestion, improved clarity and balance, **[improved mood and energy]**, focus on **rebuilding your gut health**"

Some examples :

- **Proteins :** Grass-fed meat, pasture-raised poultry an eggs, wild-caught fish, bone broth, and organ meats (if you enjoy them), non-gmo vegetarian proteins
- **Fruits & Veggies :** Organic produce that you tolerate well
- **Healthy Fats :** Avocados, olive oil, coconut oil, ghee, sprouted nuts & seeds, olives
- **Sweets :** Dark chocolate, honey, maple syrup, monk fruit, stevia, dried fruit

Sample Day of Nourishment

- Morning : Scrambled eggs + sautéed greens in olive oil
- Lunch : pan seared chicken, roasted sweet potato, arugula or spinach, avocado, and drizzle of olive oil + lemon or balsamic.
- Afternoon Snack : RX Bar or organic apple slices with cashew butter
- Dinner : Grass-fed Burger patty or Grilled fish, air fryer potato/sweet potato, sautéed squash and zucchini

Reduce or Avoid (if possible) :

To support mental clarity and reduce inflammation, consider limiting or crowding out...

- Refined sugar and flour
- Ultra Processed seed oils (canola, soybea/vegetable oil, corn oil, etc.)
- Fried or ultra-processed foods
- Artificial sweeteners
- Gluten, Wheat, highly processed grains
- Foods that make you feel sluggish/bloated/tired after eating

07

PREPARING YOUR PHYSICAL BODY FOR HIKING & TRAVEL: HYDRATION

1.Start Hydrating Early :

- Begin hydrating well before your trip. Aim to increase your fluid intake in the days leading up to your trip.
- Drink plenty of water throughout the day, aiming for at least 8-10 cups (about 2-2.5 liters) daily, depending on your activity level and environment.

2. Electrolyte Balance :

- Alongside water, maintain electrolyte balance by consuming foods rich in potassium, magnesium, and sodium.
- Consider hydrating with electrolyte-rich drinks during intense workouts or prolonged hikes to replenish lost minerals. We love LMNT electrolytes!

3. Avoid Alcohol prior to your retreat

- Limit alcohol consumption, as it can contribute to dehydration.





08 JOURNAL PROMPTS



To help you prepare for the retreat, you are invited to complete these journal prompts before you arrive. (Totally optional)

What are five things I couldn't do five years ago that I can now? Where have I surprised myself with growth?

What are five things I hope to do, be, or embody five years from now that feel out of reach today?

What are my core values—and how do they show up (or feel missing) in my current life, relationships, or choices?

What inspires me or fills me with energy? List 10–15 things—people, hobbies, places, dreams—that light me up.

If I could live a "perfect day" from start to finish, what would it look and feel like—physically, emotionally, and spiritually?

Where is my energy leaking right now? Name up to 10 distractions, obligations, or thought patterns that feel heavy, drain you, or unaligned.

Where might I be playing small or holding back in my life? What belief or fear might be beneath that?

09 RECOMMENDED PODCAST



For Inspiration, Insight & Inner Readiness

These handpicked episodes offer tools, perspectives, and mindset shifts to help you soften, expand, and prepare for the journey ahead. Tune in while walking, cleaning, journaling, or resting—let them plant seeds & inspire before we gather. **No pressure at all to listen to all of these.**

Internal Family Systems (IFS) Parts Work Podcasts

Highly Recommend- A Life Changing Practice To Understand Ourselves, Find Inner Peace, and Heal

1. Introduction understanding to IFS
Richard Schwartz on Dear Gabby Podcast : Podcast Link

2. Great Examples of How It Works & How To Use IFS Daily For Yourself
Dr. Richard Schwartz on Christine Hassler Podcast : Podcast Link

3. Andrew Huberman with Dr. Richard Schwartz
Deep Dive into Internal Family Systems: Achieve Peace and Healing : Podcast Link

Freedom From Subconscious Limiting Beliefs & Relationships

Peter Crone on Know Thyself Podcast Ep 134 : Podcast Link

Habit Design, Dopamine, Nervous System Regulation, Doing Hard Things

Jay Shetty Interview with TJ Power: The DOSE Episode : Podcast Link

Finding Your Purpose & Transforming Anxiety

Martha Beck on The Mel Robbins Podcast : Podcast Link

Functional Nutrition & Habit Change

1. Benjamin Bikman on Insulin Resistance
2. JJ Virgin on Food Sensitivities and Sugar
3. James Clear on Habit Change

On Boundaries, Letting Go Of Control, Difficult Relationships

Jay Shetty Interview with Mel Robbins : The Let Them Theory : Podcast Link

COMFORT ZONE RETREATS

"Tell me, what is it you plan to do with your one wild and precious life?"

— Mary Oliver

Can't wait to see you in Sedona!

We are so honored you're joining us for this experience. If you have any questions, please reach out anytime.

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With love,

Ellie & The Comfort Zone Team

