

# SEDONA RETREAT A WOMEN'S WELLNESS RESET

SEPT 24-27, 2026

SEDONA, ARIZONA



COMFORT ZONE RETREATS



## A TECH-FREE, ADVENTURE-WELLNESS RETREAT TO RESET & RECONNECT TO YOURSELF, TO NATURE, AND TO AN AMAZING GROUP OF PEOPLE

We'll be staying in a beautiful, private Sedona retreat home surrounded by red rock views and peaceful desert energy. Cozy, spacious, and intentionally chosen for restoration, this home offers :

- comfortable shared + private bedrooms
- Beautiful outdoor spaces
- inviting indoor areas for workshops + connection
- a fully equipped kitchen for nourishing meals

Adventure | Wellness | Healthier Habits | Unplug in Nature |  
Deep Connection | Creative Expression



# ITINERARY

SEPT 24-27, 2026

## DAY 1: ARRIVAL DAY: WELCOME & CONNECTION

- Check-in between 2:30-3:30 PM
- Welcome Circle & Connection
- Welcome Dinner
- Gentle Yoga & Sound Bath
- Ceremony

## DAY 2: ADVENTURE & RELEASE

- Morning yoga, breathwork + meditation
- Nourishing Breakfast
- Optional Hiking in Sedona
- Nourishing Lunch
- Personal Growth/Wellness Workshop
- Free time (sauna, cold plunge, journaling, nature, rest)
- Group Dinner
- Nourished Reflection Circle & Nighttime Ritual

## DAY 3: FLOW & RESTORE

- Morning Yoga, Breathwork, Meditation
- Nourishing Breakfast
- Optional Hike in Sedona
- Nourishing Lunch
- Nutrition workshop for energy, gut-health, and longevity
- Goal Setting, Wellness Routine, & Habit Mapping
- Nourishing Group Dinner
- Somatic Breathwork Ceremony (deep release + integration)

## DAY 4: VISIONING & CLOSING

- Morning Routine Yoga & Breathwork
- Visioning
- Closing Circle & Closing Breakfast
- Group Departure at 12:00 PM

- Healthy Gut friendly Meals provided throughout
- All-Inclusive Retreat

# ALL-INCLUSIVE RETREAT EXPERIENCE

STARTS AT \$1999



## Beautiful Accommodations

Unwind at our beautiful, luxury accommodations in Sedona with stunning views and amenities.



## Sedona Hiking & Nature Reset

Enjoy optional hiking through Sedona's most stunning red rock trails. Move your body, clear your mind, and reconnect to yourself through nature, spaciousness, and grounding desert energy.



## Somatic Breathwork + Sound Healing

A transformational journey of release, clarity, and connection to your higher self through guided breathwork and sound.



## Daily Yoga, Breathwork & Meditation

Reset your nervous system, build strength and flexibility, and access deep inner peace.



## Wellness Reset + Nutrition , Emotional Eating & Mindful Eating Support

Simple, sustainable tools to restore your energy, balance your blood sugar, and nourish your body with ease. Learn mindful eating practices, somatic tools, and emotional eating support to help you regulate cravings, calm your nervous system, reconnect with hunger cues, and build a peaceful, empowered relationship with food.



## Personal Growth + Habit Mapping Workshops

IFS-inspired parts work, reflection exercises, mindfulness tools, and our "Build-Your-Wellness-Routine" session to help you design a clear, aligned plan for 2026.



## Group Transportation

Transportation provided throughout the retreat. Optional round-trip shuttle add-on to and from Phoenix Airport .



## Authentic Connection

Guided conversations, group sharing, and community practices designed to foster real friendships and support.



## Free Time & Exploration

Balance adventure with stillness: space for reflection, restoration, sauna, hot tub, walks in nature, journaling and more.





# WHY JOIN THIS RETREAT?

**THIS ISN'T JUST A VACATION, IT'S A DEEP RESET.  
A REMEMBERING OF WHO YOU ARE.**

**Break Free From Autopilot.**

Leave behind distractions, overstimulation, old patterns, and the habits that have been weighing you down.

**Reconnect To Your Body + Inner Wisdom.**

Through yoga, breathwork, mindful eating, and nature, you'll drop back into the version of you that feels present, calm, and clear.

**Reset Your Habits & Nourish Yourself.**

Learn simple, sustainable nutrition practices, mindful eating tools, and emotional eating support so you can feel energized, balanced, and in control of your wellness again.

**Feel Fully Alive.**

Experience the thrill of scenic Sedona hikes, the peace of sunrise rituals, the strength of movement, and the deep release of somatic breathwork.

**Form Meaningful Connections.**

Expect real conversations, supportive energy, shared breakthroughs, and friendships that last long after the retreat ends.

**Leave With Clarity + A Personalized Wellness Plan.**

You'll walk away with renewed energy, clear intentions, and a sustainable routine you can take home for 2026.

**WHETHER YOU'RE CRAVING A RESET IN YOUR HABITS, HEALING AROUND FOOD AND EMOTIONS, DEEPER GROUNDING, CONNECTION, OR SIMPLY SPACE TO BREATHE AND COME BACK TO YOURSELF, THIS RETREAT WILL MEET YOU EXACTLY WHERE YOU ARE.**



**THE PRIVILEGE OF A LIFETIME  
IS TO BECOME WHO YOU TRULY ARE**

**CARL JUNG**



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