

SEDONA RETREAT A WOMEN'S WELLNESS RESET

OCT 1-4, 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 TAKE CARE OF EVERYTHING SO YOU CAN JUST
COME AND RECEIVE**

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



ITINERARY

OCT 1-4, 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
- Guided Sedona Red Rock hike
- Nourishing Lunch
- Parts Work/Internal Family Systems workshop for personal growth
- Free time (sauna, cold plunge, journaling, nature, rest)
- Group Dinner
- Somatic Breathwork Ceremony & Sound Healing

DAY 3: FLOW & RESTORE

- Morning Yoga, Breathwork, Meditation
- Nourishing Breakfast
- Sedona Hiking Adventure
- Nourishing Lunch
- Nutrition workshop for energy, gut-health, and longevity
- Nourishing Group Dinner
- Relaxation Time
- Integration Circle & Visioning

DAY 4: VISIONING & CLOSING

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

- Healthy Gut friendly Meals provided throughout by our private chef team.
- All-Inclusive Retreat

ALL-INCLUSIVE RETREAT EXPERIENCE

STARTS AT \$2299

PRICING IS BASED ON ROOM ACCOMMODATION PREFERENCE (SHARED & PRIVATE OPTIONS)



Beautiful Accommodations

Luxury accommodations in the heart of Sedona — stunning red rock views, thoughtful amenities, and the kind of space that makes you remember what it feels like to be taken care of.



Sedona Hiking & Nature Reset

Sedona is a deeply sacred place. There's something so healing and transformative about moving your body through wide open desert that quiets the noise inside. Group hikes through Sedona's most breathtaking red rock trails.



Delicious, Nourishing Chef-Prepared Meals

Every meal is handled. Your only job is to show up hungry and enjoy it. 😊 Fresh, gut-friendly thoughtfully prepared food that fuels you from the inside out — all day, every day of your retreat. Our chefs cater to all dietary preferences and needs to accommodate you however you need.



Somatic Breathwork + Sound Healing: A deeply transformational guided journey that meets you exactly where you are and moves things you didn't even know were stuck. Release, clarity, and a deeper sense of yourself — no experience needed.



Daily Yoga, Breathwork & Meditation

Morning practices designed to settle your nervous system and open your body. Whether this is your very first yoga class or you've had a consistent practice for years, you'll leave feeling stronger, calmer, and more at home in yourself.



A Wellness Reset — Nutrition, Energy & Your Relationship with Food This isn't a diet. It's a return to trust. Simple, sustainable tools to restore your energy, balance your body, and let go of the exhausting cycle of food rules and guilt. Mindful eating practices, somatic tools, and intentional habit sustainability — so you can feel at ease in your own body.



Personal Growth + IFS-Inspired Workshops:

Parts work and reflection practices that help you understand yourself with more compassion and less judgment. The inner critic gets quieter. The relationships — with yourself and the people you love — get easier.



Group Transportation: Once you arrive at the retreat, all transportation throughout the retreat is taken care of.



Authentic Connection: Guided conversations and shared experiences that create the kind of friendships you didn't expect to make — and don't want to leave behind.



Free Time & Exploration: Rest is on the schedule too. Sauna, hot tub, journaling, reading, or simply sitting still with a view. Space to be exactly wherever you are.



WHERE ARE WE STAYING?

TWO LUXURY PRIVATE RETREAT HOMES IN THE HEART OF SEDONA WITH RESORT-STYLE AMENITIES SUCH AS SAUNA, SWIMMING POOL, HOT TUBS, AND PANORAMIC RED ROCK VIEWS!





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.

**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



COMFORT ZONE RETREATS

APPLY FOR YOUR SPOT TODAY

[Apply Now - Spots Limited](#)

[Book a Free Call to Learn More](#)

