



COMFORT ZONE RETREATS

ROCKY MOUNTAIN COMFORT ZONE RETREAT

APRIL 23-26, 2026

BOULDER, CO | ROCKY MOUNTAIN NATIONAL PARK

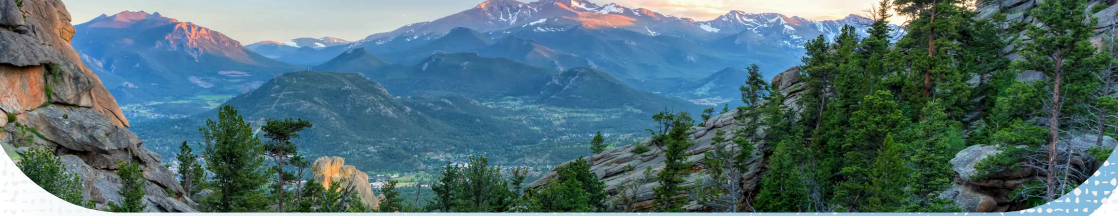




A TECH-FREE, ADVENTURE-WELLNESS RETREAT TO RESET & RECONNECT TO YOURSELF, TO NATURE, AND TO AN AMAZING GROUP OF PEOPLE

Enjoy space and free time between activities at our beautiful retreat home nestled near the Boulder foothills surrounded by towering pines, starry skies, and peaceful nature. Soak in the stillness, journal outdoors, and connect with new growth-minded friends around the fire

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



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APRIL 23–26, 2026

DAY 1: ARRIVAL DAY: WELCOME & CONNECTION

- Arrive in the afternoon and settle into your beautiful Boulder retreat home
- Scenic Hike & Opening Circle
- Nourishing Group Welcome Dinner & Connection
- Gentle Wind-Down Yoga & Sound Bath

DAY 2: ROCKY MTN NTL PARK – ADVENTURE & RELEASE

- Sunrise Yoga & Breathwork at the Foothills
- Nutritious Breakfast
- Head to Estes Park / RMNP
- Epic Group Alpine Hikes
Emerald Lake, Dream Lake, Waterfalls, alpine lakes, expansive mountain views
- Healthy Chef-Prepared Picnic Lunch in Nature
- Optional Group Alpine Cold Plunge with Guided Breathwork
- Return to Boulder for Free Time to Rest & Restore
- Nourishing Family-Style Dinner
- Somatic Breathwork & Sound Healing Ceremony
Transformational Experience for Deep release, nervous system reset, and integration

DAY 3: BOULDER PEAK DAY – STRENGTH & COURAGE (SATURDAY)

- Sunrise Yoga at the Foothills
- Breakfast
- Hero Hike: Bear Peak & Mount Sanitas
Challenging in the best way, empowering, and deeply rewarding
- Muscle Recovery Cold Plunge & Hot Tub
- Nourishing Family-Style Dinner
- Connection & Creative Expression

DAY 4: VISIONING, CLOSING, & INTEGRATION

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

- Healthy Gut friendly Meals provided throughout
- Permits and park passes included.

ALL-INCLUSIVE RETREAT EXPERIENCE

STARTS AT \$1999 (PRICING BASED ON ROOM TYPE)



Beautiful Accommodations

Gorgeous stay at beautiful accommodations in Boulder, CO



Epic Hikes & Rocky Mountain Adventures

Group hikes throughout the Boulder Flat Irons & Rocky Mountain National Park (permits included) with the gorgeous wildflowers, alpine lakes, crisp mountain air with other growth-minded, inspiring people. Epic sunrises and sunsets in nature.



Somatic Breathwork + Sound Healing Ceremonies

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.



Personal Growth Workshops

Mindfulness, habit transformation, Internal Family Systems, visioning, and reflection to gain clarity and set aligned intentions.



Technology Detox

Unplug from constant distractions with a phone-free/social media-free retreat (exceptions available for family/pet check-ins).



Group Transportation

Transportation provided throughout the retreat. Optional round-trip shuttle add-on



Authentic Connection

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



Free Time & Exploration

Balance adventure with space for self-reflection, connection, and re-connection to purpose: journal, play, or simply rest surrounded by Colorado's breathtaking landscapes.





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, and endless to- dos.

Reconnect To Yourself.

Through nature, breath, movement, and stillness, you'll remember who you are underneath the noise.

Feel Fully Alive.

Experience the thrill of hiking iconic trails, the peace of morning meditations, and the joy of deep belly laughs around a fire.

Form Meaningful Connections.

We curate groups with care: expect deep conversations, supportive energy, and real friendships.

Leave With Clarity.

You'll walk away with renewed energy, clear intentions, and practices to carry home with you.

Whether you're craving a big shift, adventure, healing, connection, or just space to breathe, this retreat is here to 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

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