

Women's Mental Health Mountain Retreat **Jasper, Arkansas**

Below you will find a loose itinerary for what we will be doing daily.

If we come into contact with bad weather we will have to adjust, but regardless, we will make the most of our time!

Day 1:

Upon arrival, we will get settled into our rooms and gather over a nice buffet style dinner to get to know each other and set our personal goals and intentions for the retreat. You will also meet one-on one with your retreat host, Corinna, for a 13 sign astrology reading and counseling session. This will give us a nice point of reference for what needs to be focused on during the retreat. You will also have an opportunity to do a little exploring of the property and cabin.

Day 2:

We will start our day with a healthy breakfast and morning grounding session. After we will head inside to get prepared to go on our first nature hike. While we are out there connecting with mother nature, we will enjoy a beautiful picnic and attend our first workshop. After the workshop we will have some free time to explore on our own and have some well deserved fun and social time. Next, we will return to our cabin for dinner and close out our night with a group bonfire activity.

Day 3:

We will again rise and shine with a lovely breakfast and morning grounding session. After, we will get dressed and head out to our second nature destination. Here we will do another picnic lunch and workshop. Later, we will return to the cabin for a BBQ and some fun games. We will end our night with a group discussion and meditation.

Day 4:

We will wake up by 7:00am to gather for our last meal together. After, we will do our grounding session and a group discussion about what we've learned and how we plan to take this experience and apply it to life when we return home.

Focal points of our retreat:

- Setting healthy boundaries**
- Understanding Projection and Conditioning and how it affects our mental health and decision making**
- Understanding Chakra/Energy centers of the body and how to rebalance them**
- Shadow work (going deep within to find the root of our problem to find a healthy and effective solution)**
- 5 step method for processing trauma**
- Understanding and Balancing the two hemispheres of the mind so that we can make healthy decisions that align with our true desires**