**Welcome to The Retreat**

This Retreat is for women who need a weekend away.

**Fact: it’s hard to keep up with the distractions, information overload, being “always on”, pace of change and customer expectations… while also producing results. And keeping sane.**

* **You aren’t as productive as you could be**… 47% of the day, your mind is wandering and when you are productive, 41% of the time is spent on low-priority activities.
* **You must be on 24/7**…64% of consumers expect responses and real-time interactions.
* **You must stay up to date not only on your product and industry but your customers ever-changing business needs**… 79% business buyers believe it’s absolutely critical to have a sales rep who serves as a trusted advisor
* **You must provide a unique experience and business outcomes**…Two-thirds of consumers are likely to switch brand if they are treated like a number rather than an individual.

While juggling between all your to-do’s, your body signals a “fight/flight” response. This response releases neurotransmitters that make you aggressive, combative, and negative.

This is an ideal response if you are being attacked… but not ideal for a client meeting or providing feedback to a co-worker.

However, just like we’ve trained our brains to be distracted, stressed, and unproductive, we can train it to be composed, focused, and productive. Science proves that neurological changes start to occur after practicing mindfulness for 10 minutes a day for 2 weeks.

In this weekend retreat, you will learn mindfulness practices that literally restructure your brain, so you can improve your performance and well-being.

Details:

* Located in Tomales California this retreat will start on Friday at 4pm and end Sunday at 4pm.
* This retreat includes food, lodging and activities.
* This a tech free weekend. That means phones off, computers away. You have the option to “turn in” your phone.
* Retreat must be paid in full at time of booking, no refunds but you can find someone to take your place.

**Friday:**

4:00pm Arrival & Get settled.

5:00: Kick Off: Circle and introductions. Turn off phones and Tune into yourself.

6:30 Dinner

7:30 Session #1: Mindfulness Practice, Intention Setting

9:00 Self Care Time: yoga nidra and sound bath by the fire

\*enjoy the hot tub, or one of the detox baths.

**Saturday:**

8:30AM Movement: Yoga/Pilates with morning mediation and journaling

9:30 Breakfast

10:30 Session #2: Self-awareness of the Mind: learn neuroscience behind why we follow others and are impacted by the world around us. Learn mindfulness techniques to become more self-aware of your own thoughts and feelings.

11:30 Self Care Time: join us on the farm tour and hike. Or go on your own to enjoy the 100 acre property, gardens and creamery.

12:30PM lunch

1:00 Session #3: Self-awareness of the Body: Our bodies usually know before our minds. Learn how to connect deeper with your own body’s intelligence through this restorative session learning century old Chinese Medicine techniques and herbal studies.

3:30 Self Care Time: Optional (massage or bodywork can be scheduled) Take the time to hike, enjoy the hot tub, read or kayak.

6:30 Dinner

7:30 Session #4: Intuition and Burn Out: learn how to tap deeper into your own intuitive knowing to help you make better, faster, more accurate decisions by honoring your instincts.

8:30 Self Care Time: Organic face masks, Yoga Nidra, Sound bath

**Sunday:**

8:00 Movement: yoga, pilates, with morning meditation and journaling

9:00 Breakfast \* showers and pack

10:00 Session #5: Compassion: In our busy lives that value results over kindness, we often forget that compassionate leaders are often the most successful and happiest. In this session we’ll learn how to increase neurotransmitters that create more cooperative, collaborative and compassionate environments.

11:30 Lunch

12:00 Check out

12:30 Self Care Time: Shinrin-yoku or “Forest Bathing” is a cornerstone of preventive health care and healing in Japanese medicine. We’ll experience it first hand in a beautiful park along the Pacific Coastline.

3:00 close: Tea Ceremony on the Beach. This special ceremony will close this detox and help you reenter back into the world restored and with the tools you need to care for yourself.

Additional Details:

* Menu will be sent out 2 weeks prior to retreat. However we cannot accommodate special needs, please feel free to bring any snacks or foods that will make you most comfortable.
* If you are flying from the East Coast, I would recommend you fly out on Thursday into Santa Rosa airport, then get a rental car and stay in Healdsburg. Healdsburg is an amazing little town and there are many vineyards between Healdsburg and Tomales for you to enjoy on your drive to Tomales.
* You will share a room but will have your own bed.
* You will need to bring a yoga mat, a bathing suit and shoes for hiking. It gets cold at night, please bring layers.
* Transportation (flights/rental cars), specialty foods or snacks, massages and body work are extra.
* Massages will be $90 per hour and will be added to your total.

**To register, please contact me at** [**Alexis@OpenDeltas.com**](mailto:Alexis@OpenDeltas.com)