

WINTER WELLNESS RETREAT

*Itinerary**

TUESDAY, DEC 19TH

4pm - 6pm | Welcoming Ceremony + Intention Setting

Upon arrival, meet Southall's wellness guide Libbyrae at the fireplace to receive an auric cleansing by sacred smoke and give herbal offerings in honor of the intentions held within your heart.

7pm - 9pm | Warmth Permeating: Group Dinner in Jammery

Nourishment amid a long night, come around the table to be fed by connection to this land. Enjoy a seasonally inspired communal meal and conversation.

WEDNESDAY, DEC 20TH

8am - 9am | The Journey Inward: Yoga + Soundbath

Begin the day cultivating presence and inner connection through mindful movement, breathwork and guided meditation.

9am - 11am | Silent Breakfast

A meal taken in quiet sanctuary. Breakfast - the ritual of breaking the fast of the night cycle - is the perfect opportunity to commence the day with mindfulness and an open heart.

11am - 12pm | Forest Bathing: A Guided Hike

A contemplative winter walk through the cedar glade to inspire reconnection and right relationship with nature.

12pm - 3pm | Lunch at Leisure

3pm - 6pm | Dream Seeding Ceremony

This multisensory restorative experience is a multidimensional journey through liminal space, intuitively weaving guided reflection, elemental blessings and subtle energy work featuring the powerful resonance of clear quartz crystal singing bowls. Libbyrae will guide you into a supportive state of deep relaxation and amplified well-being by harmonizing the physical and emotional bodies through an immersive sound journey of the highest frequency. An invitation to open to the great mystery and connect to our source. Afterwards, float into the spa to integrate your experience: steam, sauna, and soak in the outdoor mineral pool.

7pm - 9pm | Fireside Celebration: Group Dinner

As if in each of us there once was a fire. In the ashes we find one ember, blow on it and it gets brighter. From that ember we rebuild the fire.

THURSDAY, DEC 21ST

8am - 9:30am | Grounding in the Light: Winter Solstice Ritual

Holding this seasonal transition into early winter as sacred, deep medicine. And then, consciously intending the next joy-full celebration of life around the table, on the farm, upon the land.

** All listed activities included in Event Fee. Itinerary is not an exhaustive list of available activities during these dates. Inquire with your reservationist or visit the Activity Calendar for more.*

