

nervous system reset

YOGA & WELLNESS

retreat

THE RETREAT IS A LUXURIOUS EXPERIENCE DESIGNED TO BRING ONE'S BODY AND MIND TO A STATE OF EASE. PARTICIPANTS CAN TAKE PART IN AS MUCH, OR AS LITTLE, OF THE DAY'S PLANNED ACTIVITIES, AS PREFERRED.

what's included

- 6 nights in luxury accommodations
- Personalized welcome gifts
- Pool access on site
- Gourmet meals by private chef
(GF, Vegetarian, Vegan options)
- Airport transfer on July 1 and 7
- Twice daily yoga
(morning vinyasa, evening yin)
- Therapeutic activities
- 1:1 Trauma-Informed Coaching w/ Dorothy
(pre-retreat and follow-up session)
- + as-needed coaching

investment

\$2,800 for private suite

HOSTED BY
@BREAKFREEWITHDOROTHY
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