

Weekend Wellness Retreat

Buena Vista, Colorado



Thank you for your interest in our Weekend Wellness Retreat.

Our aim for the weekend is to create community and integrate wellness strategies as we soak up self care and relax.

Mornings will consist of meditation, journaling, and breath work sessions followed by a vinyasa yoga practice. Fresh cooked meals will be offered all three days. We will trek through the collegiate peaks and have a private pool party at Mount Princeton hot springs Saturday night at sunset with dinner included. Option to bring a cozy onesie for the holiday weekend to enjoy laughs and smiles together.

Early Bird Pricing

\$300 singles
or
\$550 couples



Friday,
October 30th
after 6pm
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Sunday,
November 1st