

HOSTED BY:



# 2nd Annual Women's Retreat

April 4-6, 2025 | Oyster Farm Marina | Cape Charles, VA

Relax and renew your mind, body, spirit + soul.



**4**  
**FRI**

**5**  
**SAT**

**6**  
**SUN**

1:30-3:15 pm **welcome reception**  
mocktails by Crunchy Hydration, charcuterie, wellness + art vendors

3:15-3:45 pm **welcome, workshop leader intros + door prize giveaways**

3:45-4 pm **opening sisterhood circle**  
connect together and set your weekend intention

4-5 pm **breathwork + sound bath**  
set your weekend intention in motion by immersing yourself in the rejuvenating vibe of the weekend with light breathwork led by Christa Peachy of Peachy Outlook and healing sound including sound bowls + various instruments led by Ursi Salkey of Sound x Self-Care

5-6 pm **wellness + art vendors**

5 pm + **free time**

7-7:30 am **progressive muscle relaxation + breath**

7:30-8:30 am **breakfast, wellness + art vendors**

9-11:30 am **"paths" (small group workshops)**  
choose from 1 of 6 options:  
**1. Transmute Anxiety + Reclaim Inner Peace** somatic techniques & breathwork w/ Christa Peachy  
**2. Women in Transition: Embracing Life's Difficult Moments** w/ Wendy Hubbard  
**3. Exploring Life's Ebbs & Flows** using SoulCollage® w/ Catherine Anderson  
**4. Health + Happiness: A Holistic East Asian Medicine Journey** w/ Dr. Sarina Hrubesch  
**5. Intuition As Your Guide: Honoring Your Inner Wisdom Through Movement & Expressive Arts** w/ Dr. Laura Farmer  
**6. Nourishment For Life** therapeutic nutrition counseling w/ Nicole Carroll

12-2 pm **lunch + free time + vendors**

2:30-4:30 pm **"paths" (small group workshops)**  
a continuation from your morning session

5-6 pm **drum, instrument + voice fire circle**  
find + express your sound from within; bring an instrument, tap your body or add your voice if inspiration strikes

6 pm + **free time**

7-7:30 am **embodied stretch + breath**

7:30-8:30 am **breakfast**

8:30-9:30 am **free time + vendors**

9:30-11:30 am **labyrinth walk + integration**  
reflective, mindful walk led by Catherine Anderson, release what is no longer serving you + participate in facilitated small groups to bring together your weekend learnings and integrate into your life

11:30 am-12 **closing sisterhood circle**  
final sisterhood gathering to potentially launch into your transformation

12 -1 pm **wellness + art vendors**

12 pm + **conclusion / free time**

**Optional services + treatments all weekend!**  
massage, sound healing (1:1 or groups), nutrition consultations, eyelash lifting, eyebrow tinting, waxing, tinsel hair, feather hair extensions, intuitive astrology consults + intuitive tarot readings

VIRGINIA IS FOR WELLNESS LOVERS



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