

HOSTED BY:



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, hand massage, wellness
+ art vendors

3:15-3:45 pm **warm welcome + workshop
leader intros**

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**

Optional services + treatments all weekend!

massage, sound healing, nutrition consultations, eyelash
lifting/tinting, waxing, tinsel hair, feather hair extensions, aura +
chakra readings, intuitive astrology readings, tarot readings

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**

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**

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**



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