

2027 Retreats



Reset & Rise



JANUARY 22-24 FEBRUARY 26-28 APRIL 30-MAY 2

EARLY BIRD VIP SALE STARTS JULY 13th, 2026

VIP Includes: Early check-in, late check-out, VIP mindfulness session, priority booking for activities & spa treatments, upgraded welcome gift, and an exclusive tasting experience!

Seeking Restoration?

Join us at The Lake Estate in Tilton, NH for a curated, all-inclusive* women's retreat.

Step into luxury accommodations and soak in all the estate has to offer! Enjoy farm-to-table meals created by renowned chef, Chris Viaud, lakeside!

Start each day with yoga and attend transformational workshops and inspiring keynote addresses alongside other amazing women.

2027 Breakout Sessions Reset, Realign, Rise

- The Sound of a Shaped Life
- Rewiring Your Mindset: From Self-Doubt to Confidence
- Fueling Your Best Life
- Protecting Your Most Valuable Resource: **You**
- The Art of the Exhale: Nervous System Rituals
- Boundaries, Balance & Saying No Without Guilt

Room Together. Rise Together. Save Together.

Book a double with a friend and save \$500!



Book here!

**Some exclusions apply*