

A WEEKEND RETREAT FOR WOMEN

Self Care *101*

the basics, gently — for anyone just beginning to ask "what do I need to start my self care journey?"



BANNER ELK, NORTH CAROLINA



SEPTEMBER 18–20, 2026

Optional add on night September 17

START HERE, NOT BEHIND

You don't need to already have a self care practice to come.

This retreat is built for the curious, not the converted — women who keep hearing about breathwork, boundaries, and hormone therapy, yoga, boundaries etc... and would like one unhurried weekend to actually sit with it all, ask questions out loud, and try these new self care to see what fits. Two or three night option in the Blue Ridge Mountains. One beautiful house with individual accommodations for each participant, including separate en-suite adjoining private rooms for each individual. Limited double occupancy offering for those who want to share the weekend with a friend. You may arrive alone, but you will leave with a new "village" of friendships and support!

WHAT WE'LL EXPLORE at the "Self Care 101 Retreat"

Group sessions

Movement

Introductory Yoga and Movement

Slow, introductory session to introduce those that have wanted to explore yoga and movement but don't have the comfort level to attend that first class due to the fear of the unknown. Built for bodies that have never rolled out a mat — or haven't in years. No flexibility required, no experience assumed.

Regulation

Nervous System Work

A plain-language look at fight, flight, freeze, and fawn, with simple tools for noticing your own state and moving out of it. This is such an important tool in the self care toolbox.

Women's Health

Women's Health, Clearly Explained

An open conversation on current guidelines for women's health, including a grounded discussion of hormone replacement therapy led by a Board Certified provider— learn what it is, who it's for, and discover questions worth bringing to your own health care provider.

Boundaries

Boundary Setting & Accountability

Practical language for saying no and feeling okay about it, while staying close to the people you say it to — plus, how to keep yourself accountable once you're home.

Stillness

Guided Meditation

Experience relaxation, breathing techniques and visualizations with someone leading the entire journey. This is a great technique for beginners! Over time this practice can help lower stress, improve focus and build a sense of calm you can return to whenever you need it.

Alternative

Sound Healing Introduction

A first taste of sound as therapy — bowls, resonance, and rest, with no prior experience or belief required. Guaranteed to be a favorite!

- *All of the above sessions are performed in a small group setting and are recommended, however not required to attend.*

ONE-ON-ONE, BY APPOINTMENT OFFERINGS

Beyond the group offerings, a few things are best experienced alone. These are booked in individual time slots across the weekend — as many or as few as you'd like.

Earlybird booking includes a choice of 1 service if desired with limited offerings of each

60-min sessions

skin & facial treatments

THE SHAPE OF THE WEEKEND

Three days, one address

DAY ONE · SEPT 18

Arrive & Settle

Settle into your private room, meet the group, and ease in with a welcome gathering and a fantastic meal. The first evening ends with a sound healing experience to set the mood for a weekend of relaxation and discovering new methods of self care.

DAY TWO · SEPT 19

The Start to A New You

Saturday will include moving through a short session of introductory yoga and movement, nervous system work, and end with guided meditation which will lead to an exceptional state of rest for the night!

DAY THREE · SEPT 20

Embrace More New Care Options and Incorporate

One last quiet morning with new friends. Evaluate boundaries and accountability in a way that is specific to you and your situation during a morning session focusing on the importance of these elements as self care. We will wrap up with a women's health overview focusing on current women's health guidelines and best practices for various topics. We will review any questions and have a non rushed departure after ensuring each participant feels good about next steps with her new learnings.

WHERE YOU'LL SLEEP

An intimate house in the mountains

Every guest has her own private bedroom with a private en suite bathroom — this is not a shared-room retreat. If you'd like to bring a friend, sister, or someone you feel can grow to this experience, a limited number of double-occupancy rooms are available on request. There is a discounted rate for shared occupancy.

WHAT'S INCLUDED

— Private bedroom with en suite (or double occupancy, if requested) — All meals, from Friday arrival through Sunday departure

— Every session (services including massage, facial aesthetics and IV therapy additional) , all sessions hosted on-site — no driving anywhere after you arrive

- All group sessions are optional; come and go as your body asks
- Outdoor hot tub onsite, beautiful mountain views and winery access

SPACE IS LIMITED

This only works small.

To keep the setting intimate and the individual sessions available to everyone who wants them, we're keeping this retreat to a small group. If a weekend of trying self-care on for size — with no pressure to do all of it — sounds like what you need, we'd love to have you.

Banner Elk, North Carolina · September 18–20

Reserve your spot by contacting: 252-732-0565 or go to villageofnc.com contact me page if you desire us to contact you

Explore: villageofnc.com to learn more about us

All inclusive cost for group sessions, private accommodations, all meals: \$1997.00/per

Double occupancy for those preferring to travel together: \$1697.00/per

Optional stay 03-17-2026 for additional \$325.00 fee (this is a participant guided night with no food offerings, excellent opportunity to self explore or just relax)

SELF-CARE 101 · EVERY SESSION OPTIONAL · COME AS YOU ARE

What questions do you have? or how can we help get you signed up for the first day of the rest of your life

Go to [Villageofnc.com](https://villageofnc.com) contact me page for specific questions or assistance signing up

When we say we look forward to our time together...believe it! Leave different than how you arrived