

WHAT'S INCLUDED

- Private bedroom with en suite
- All meals, from Friday arrival through Sunday departure
- Every session and service, hosted on-site. Reset, rest, and relax.
- All sessions are optional; come and go as your body asks

PRICING

Single Occupancy:

\$1,895.00 per person

Double Occupancy:

\$1,495.00 per person

Early Bird Registration:

Saves you \$200.00 per person!

(Ends Dec. 1st 2027)

**\$300.00 deposit due upon registration, final payment due February 1st, 2027

**No double occupancy will be assigned. Must be requested

GROUP SESSIONS, OFFERED AS A MENU

MOVEMENT

INTRODUCTORY YOGA

Slow, prop-supported sessions 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.

HEALTH

WOMEN'S HEALTH, CLEARLY EXPLAINED

An open conversation on current guidelines for women's health, including a grounded discussion of hormone replacement therapy — what it is, who it's for, and questions worth bringing to your own doctor.

BOUNDARIES ACCOUNTABILITY & BOUNDARY SETTING

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

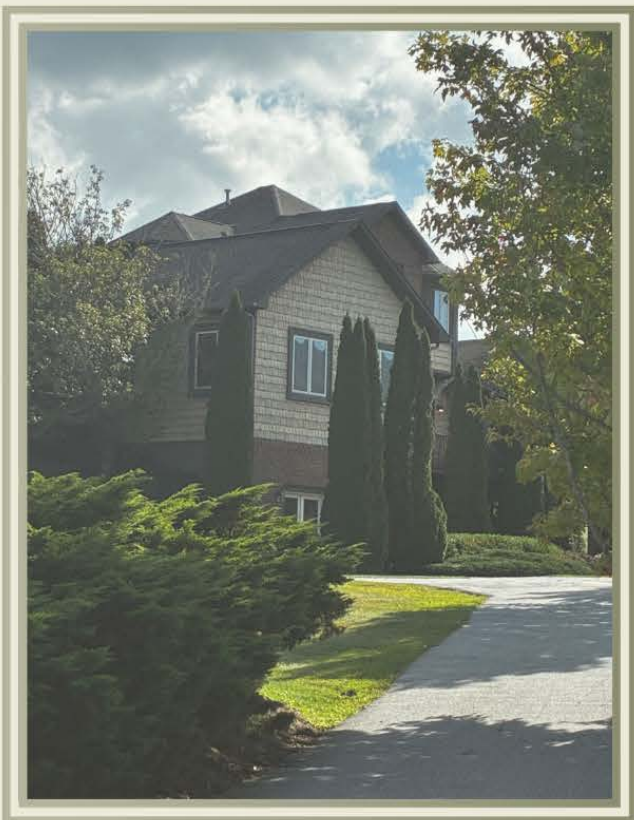
STILLNESS GUIDED

MEDITATION

Seated, supported sessions for people who have "tried meditation and couldn't do it." You can.

ALTERNATIVE SOUND HEALING INTRODUCTION

A first taste of sound as therapy — bowls, resonance, and rest, with no prior experience or belief required.



WEBSITE:

villageofnc.com

EMAIL:

wellness@blackbirdboone.com

INSTAGRAM

[@thevillageofnc](https://www.instagram.com/thevillageofnc)

MOBILE NUMBER:

(252) 732-0565

EMAIL, TEXT, OR CALL TO
REGISTER

ABOUT US

This retreat is built for the curious, not the converted — women who keep hearing about breathwork, boundaries, and hormone therapy and would like one unhurried weekend to actually sit with it all, ask questions out loud, and try things in a small room where nobody is performing wellness.

Three nights in the Blue Ridge Mountains.

One quiet house.

Ten or so women, at most.

Retreat organized by Board Certified Women's Health Professional. All sessions led by professionally trained facilitators.

THE VILLAGE 

THE RESET RETREAT

The basics, gently — for anyone just beginning to ask "What do I need?"

April 16-18, 2027
Banner Elk, North Carolina