

The *Me* Retreat.com

The “Me” Retreat is an organized solo experience for individuals who want to take a time-out from life to relax, reflect and rejuvenate.



Program Objectives:

- A three-day break from the hustle and bustle of daily life
- Quality time with yourself in a beautiful and sacred location
- A self-paced and unstructured solo experience
- Group support from like-minded individuals
- An opportunity to recharge, be more at ease, and gain new perspectives

Program Includes:

- Lodging at Joyful Journey (Your own Yurt or Lodge room)
<https://joyfuljourneyhotsprings.com/>
- Light breakfast (2) and dinner (2)
- Use of the facilitator’s cabin to hang out, socialize and connect with other participants (you can also use the kitchen for your lunches and other items)
- Use of the hot springs’ pools, labyrinth, meditation hill, yoga classes, massages, and evening activities
- A group opening and closing session for “Me” Retreat participants
- Access to walking paths and nearby bike and hiking trails
- Group and individual guidance and/or coaching

- Pre-retreat packet with logistics, resources, articles, and a “suggested” process for those new to solo retreats
- A complimentary journal
- Amazing sunsets over the Colorado Rockies



Logistics & Cost:

- **Dates:** August 14-16, 2023
- **Location:** Joyful Journey Hot Spring Spa, Moffat, Colorado
- **Fees:**
 - Early-Bird Special (before June 15th): \$995
 - After June 15th: \$1,250
 - Deposit of \$150 required to secure spot
- For additional information and to register, go to <https://themeretreat.com/the-me-retreat/>

