Chaminade
RESORT & SPA

UNPLUG & RECONNECT

WEEKEND WELLNESS RETREAT

FRIDAY, OCTOBER 2 - SUNDAY, OCTOBER 4

This three-day, two-night retreat invites you to lean into the steady heartbeat of the redwoods and soothing rhythm of the Pacific Ocean for a lasting reset.

WEEKEND ITINERARY

FRIDAY, OCTOBER 2 (DAY ONE)

3:00 pm - 5:00 pm Arrival & Check-In
6:00 pm - 7:00 pm Welcome Circle: Group gathering to introduce the retreat and set the tone for the weekend
7:00 pm - 8:30 pm Group Dinner: Hands-on experience with the culinary team, fostering collaboration and connection

SATURDAY, OCTOBER 3 (DAY TWO)

7:30 am - 8:45 am Morning Movement + Group Breakfast
9:00 am - 12:30 pm Guided Forest Therapy Walk & Nature Journaling Session
12:30 pm - 5:00 pm Free time to enjoy the resort amenities
5:00 pm - 6:30 pm Self Myofascial Release Session

SUNDAY, OCTOBER 4 (DAY THREE)

8:30 am - 11:30 am Beach Mandala Activity: A peaceful and creative experience by the ocean, cultivating mindfulness and connection with nature. Transportation as a group to a local Santa Cruz beach will be provided.
11:30 am Boxed Lunch Together: A delicious, portable lunch to enjoy during the final moments of the retreat.
12:30 - 2:00 pm Guest check out and departure from Chaminade Resort & Spa