

# Day Retreat in Serenbe:

## Wellness Reset: Move, Manifest, and Nourish



HIGHLAND YOGA

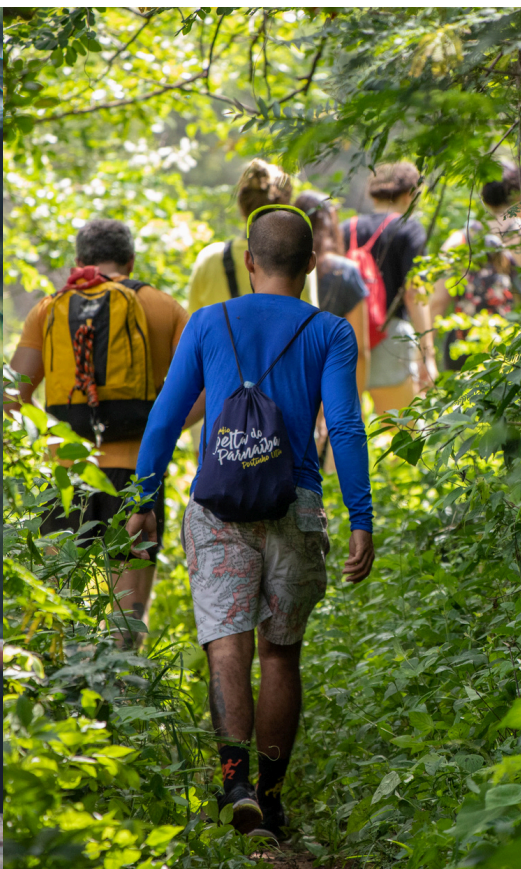




# Date: June 1, 2025

Move, Manifest & Nourish is a full-day retreat designed to recharge your body, clarify your intentions, and align with your wellness goals. Through a blend of energizing yoga, mindful reflection, and intentional goal-setting, you'll reconnect with what truly nourishes you—inside and out.

Expect a day of movement, meditation, wellness discussions, yoga for digestion, and space to simply be—all in a supportive and soul-filling environment.





# Itinerary

## Your day includes....

- 8:30AM- Arrival, Coffee, Bagels
- 9AM- Welcome, Power Flow
- 9:45AM- Yin Yoga & Sound Bath
- 10:30AM- Snack & Break
- 10:45AM- Components of Wellness
- 11:15AM- Wellness Goal Setting Workshop
- 12:30PM- Lunch
- 2PM- Mini Yoga for Digestion Flow
- 2:30PM- Waterfall Walk & Labyrinth
- 5PM- Closing Ceremony
- 5:30PM- Dinner



## Staying an extra day? Additional activities:

- Trail Riding
- Wine Tastings
- Farm Tour
- Spa Access
- and more

## Want to spend the night?

- Serenbe Inn or home rentals available. Pricing and booking available upon inquiry.

# Yoga Programming

Join **Mallory Hazen** and **Megan Vaughn** for a rejuvenating wellness retreat designed to nurture your mind, body, and spirit. Through a holistic approach to well-being, we'll explore the key components of wellness and guide you toward deeper self-connection.

Set amidst the tranquility of nature, this immersive experience blends invigorating movement, mindful reflection, and intentional goal-setting to help you cultivate balance in all aspects of your life. Enjoy energizing yoga, guided breathwork, thought-provoking discussions, and creative practices—all designed to restore, inspire, and empower you on your wellness journey.





# About Serenbe

## Get away from it all - 45 minutes from Atlanta

Nestled in the rolling hills of Chattahoochee Hills, just 30 minutes south of Atlanta, Serenbe is a wellness-focused community where nature, art, and intentional living come together in harmony. With over 1,000 acres of preserved forests, meadows, and winding trails, Serenbe offers the perfect backdrop for rest, renewal, and reconnection.

From organic farms and award-winning restaurants to tranquil landscapes and thoughtfully designed spaces, Serenbe is more than a destination—it's an experience. Whether you're savoring fresh air on a morning walk or finding stillness beneath the trees, every corner invites you to slow down and come back to yourself.

There's no better place to unplug, reset, and deepen your practice. Join us for a day of yoga, community, and grounding in one of Georgia's most serene and inspiring settings.



# Pricing

**Investment: \$250.00**

**Includes:  
Breakfast  
Morning and afternoon  
programming  
Welcome back**

Pricing does not include  
lunch or dinner (we will  
meet up at restaurants and  
split the check)





# FAQ

## Travel & Accommodations

- Serenbe is located just 45 minutes south of Atlanta, GA
- Want to spend the night? Accommodations available through home rentals or the Serenbe Inn.

## What To Bring

- Yoga/workout clothes
- Journal and pen
- Yoga mat (optional - mats are available to borrow)
- Sunscreen
- Hiking/Walking shoes
- Water bottle
- Change of clothes for dinner

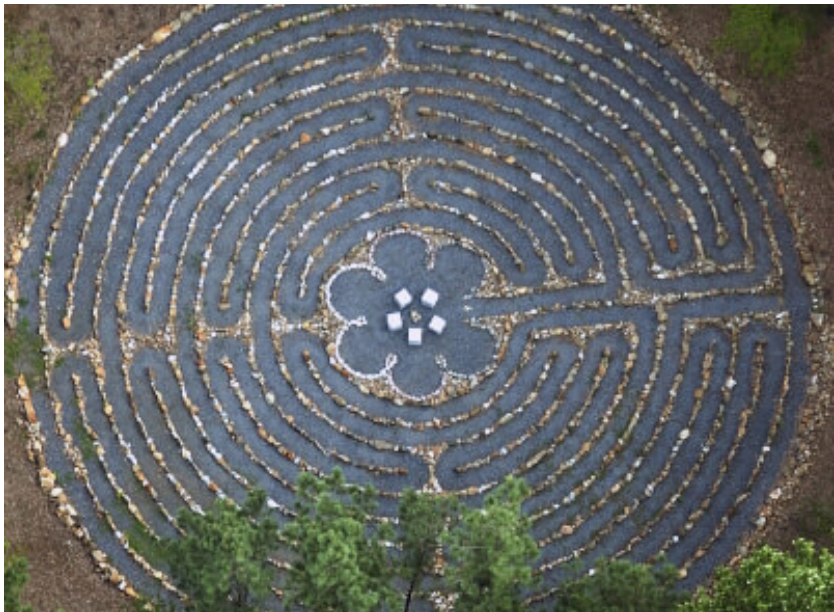
## Ready to book?

Email [elsie@highland-yoga.com](mailto:elsie@highland-yoga.com) for a custom quote!



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