

Welcome to our Wellness Summer Series at SALTability Retreat! Each week is designed to nourish your mind, body, and spirit through self-discovery, healing, and renewal. Enjoy workshops, activities, and holistic practices to embrace wellness and intentional living. Join us for personal growth, meaningful connections, and a supportive, inspiring environment. Whether you're looking for relaxation, inspiration, or deeper connections, our camp offers a transformative experience for your well-being.

Week 1: Rest and Renewal

Welcome to Week 1 of our wellness summer series, where our goal is to nourish your mind, soul, and body to keep you healthy and thriving in your life. The only thing we truly control is our mindset and how we react to the world around us, the people in our lives, and the thoughts we have.

To cultivate and protect our well-being, it's essential to make a regular practice of self-love and gratitude. Be your own best friend, appreciating the love you give to yourself and others. Speak affirmations as you go about your daily routines, reinforcing your self-worth and positivity.

These regular and positive dialogues have the power to rewire your brain for positivity and resilience in the face of any challenges. This week, we'll focus on grounding exercises, gratitude practices, and activities designed to help you relax and rejuvenate, setting the foundation for a transformative wellness journey.

Week 2: Dream and Inspire

Welcome to Week 2 of our summer wellness journey at SALTability Retreat, where we empower you to live authentically and productively by optimizing your strategies, environment, habits, and time. This week, our focus is on DREAM + INSPIRE. You'll embark on exercises to evaluate your current situation, reflect on your past experiences, and visualize your future. Discover your purpose and align your goals with your values using our thoughtful workbook filled with insightful prompts.

Evaluate where you are now by understanding your optimal working conditions and internal blocks. Reflect on your past year's lessons to cultivate self-awareness and embrace growth. Visualize your future by creating a clear picture of the life you desire, boosting confidence and motivation. Use our bonus worksheets to list your dreams and define high-level goals, guiding you towards a fulfilling and purpose-driven life. This week's journey will inspire you to take meaningful steps towards realizing your dreams and living authentically.

SALTability Retreat
Skippack Village
4059 W Skippack Pike
Skippack, PA

Summer Wellness Series Investment

Single Session: \$40 per person
Two Sessions Package: \$70 per person
All Day Access: \$100 ticket per person

www.SALTabilityRetreat.com

Summer Wellness Series July 2024

Every Wednesday in July: July 3, 10, 17, 24, 31

SUMMER WELLNESS SERIES SCHEDULE:

Workshop ~ 1 pm to 3 pm
Activity ~ 3 pm to 5 pm
Salt Cave Experience ~ 5pm to 7 pm
**Schedule subject to change, please
reference website for current info*

SERVICES AVAILABLE by appointment 3 pm to 5 pm

(Choose from Ionic Foot Detox, Herbal Foot Soak, PEMF Mat, Oxygen Bar, Celluma LED Light, Compression Legs or Arms, Light & Sound

Discover inner strength through grounding and gratitude practices

1-2pm Workshop: Nurture Your Soul with Steff @SoulPurposeRetreat

2-3pm Workshop: Group Hypnosis with Kat @YourLifeDepot

3-5pm Activity: Create Your Own Crystal Jewelry

4-5:30 Human Tuning with Rosanna, 15 min introductory sessions

5:30-7 Salt Cave Experience: Serenity Sound Bath with Kyle @AscendingSounds

Gain clarity and inspiration to pursue your purposeful life

1-2pm Workshop: Your Path to Fulfillment with Steff @SoulPurposeRetreat

2-3pm Workshop: Group Hypnosis with Kat @YourLifeDepot

3-5pm Activity: Dreamscape Vision Board with Jen T & Steff

4-5:30pm Human Tuning with Rosanna, 15 minute introductory sessions

5:30-7pm Salt Cave Experience: Dreamwave Sound Bath in the Salt Cave with Electric Violinist, Caryn Lin



Summer Wellness Series July 2024

Week 3: Define and Strengthen

Welcome to Week 3, where we empower you to define and strengthen your path to living optimally. This week, explore your character strengths to understand how they shape your thoughts, emotions, and actions. Discover how to align your life with your purpose and passion by clarifying your mission statement and choosing a focus word that guides your intentions.

You will engage in practical exercises to identify and prioritize your core values through our Values Worksheet. Additionally, create affirmations that reinforce your strengths and aspirations with our Affirmations Worksheet. This week's journey is designed to empower you with the tools to define your path, enhance your resilience, and live a life aligned with your true values and aspirations.

Week 4: Motivate and Plan

Welcome to Week 4, where we explore the transformative power of having a life plan. Setting personal goals brings focus, determination, and hope into your journey. It guides you towards what truly matters, empowering you to fulfill your purpose and achieve your dreams. As you take small steps each day towards your goals, you'll experience joy and energy as your envisioned life becomes a reality.

This week, we emphasize the importance of setting meaningful goals that align with your purpose. Define your long-term path, identify milestones for progress, and break them down into actionable steps. Use our Weekly Review to reflect on your progress and our Monthly Check-In to track achievements and set new goals. Week 4 is dedicated to empowering you with the tools and motivation to plan effectively, stay focused, and move confidently towards a life filled with purpose and fulfillment.

Week 5: Celebrate and Connect

Welcome to Week 5, the culminating week of our enriching summer journey: Celebrate and Connect. This week is dedicated to honoring your growth, achievements, and the connections you've forged along the way. It's a time to celebrate the milestones you've reached and the insights you've gained on your path to wellness.

In this final week, we invite you to reflect on your journey and celebrate your successes, both big and small. Embrace the connections you've made with others in our supportive community. Through engaging activities and heartfelt discussions, you'll deepen your sense of belonging and celebrate the unity that has blossomed during your time here. Join us in celebrating your achievements and connecting with yourself and others in profound and meaningful ways.

Join us at SALTability Retreat's Summer Wellness Series for rejuvenation and growth! Invest in your well-being with our workshops, sound baths, crafts, and yoga sessions, each designed to enrich your personal wellness journey and foster inner peace.

To reserve your place, simply visit our website at www.saltabilityretreat.com or give us a call at 610.222.2133 to book your preferred workshops, activities, or services. With options starting at \$40 for individual sessions and inclusive packages available for a comprehensive experience, prioritizing your health and happiness has never been easier. Take this opportunity to prioritize self-care and embark on a transformative journey toward holistic well-being with SALTability Retreat.

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Define your purpose, amplify resilience, and live aligned

1-2pm Workshop: Empower Your Strengths with Steff @SoulPurposeRetreat

2-3pm Workshop: Group Hypnosis with Kat @YourLifeDepot

3-6pm Hugh & Grace Pop-Up Shop with Traci @HealthyHomeWithTraci

4-5pm Activity: Align & Aroma: DIY E.O. Roller Crafting with Kate @SheRelaxed

6-7pm Salt Cave Experience: Yoga with Jen T

Chart your course with purpose and achieve your dreams

1pm-2pm Workshop: Design Your Life: Strategic Planning with Steff @SoulPurposeRetreat

2-3pm Workshop: Craft Your Intentional Morning with Tia @TiaJohnsonCoaching

3-4pm Workshop: Frequency Therapy Circle with Kate @SheRelaxed

4-6pm Activity: Design Your Journal

6-7pm Salt Cave Activity: Meditation & Breathwork

Celebrate personal growth and meaningful connections with yourself and others

1-2:30pm Workshop: Cultivating Meaningful Relationships with Steff @SoulPurposeRetreat

2:30-5pm Embodied Mandala Painting

5-6pm Mocktail Tasting

6-8pm Salt Cave Experience: Silent Glow-In-The-Dark Dance Party!

saltabilityretreat
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