

IKIGAI WELLNESS RETREAT FOR EXECUTIVE WOMEN

**CHARLOTTESVILLE, VA
MARCH 14 - 17, 2023**

The Ikigai Wellness Retreat for Executive Women, held in the heart of the Shenandoah mountains, is a boutique wellness get-away that provides space for you to slow down and recharge.

The retreat is especially curated for women in leadership positions who do so much for others that they often don't do enough for themselves. The format of the weekend is designed to nurture a sense of calm, enhance overall well-being and self-connection, and enable you to rediscover your joy through immersive programming, ranging from yoga, meditation, hiking, and massage, to nourishing meals, a good book by the fire, and restorative sleep.



WHAT TO EXPECT BEFORE THE RETREAT:

- A short survey to help us understand your preferences and ensure you are fully supported
- A one-on-one call with our retreat guide to get to know you and your goals

WHAT TO EXPECT DURING THE RETREAT:

- 5-star, heart-led service
- A phone-free environment where you can truly be present
- An on-site chef who will prepare delicious, nourishing meals and accommodate food allergies and dietary preferences
- Access to our “mental load” concierge service to offload something that has been lingering in the back of your mind. You might ask for support finding a summer camp for your child, making a doctor's appointment, or buying a great yoga mat. We're here to take a worry off your list, so you can fully relax and recharge.
- A massage
- Lots of beautiful, restorative yoga lead by Morgan Phelan from Jackson Hole, Wyoming



WHAT TO EXPECT AFTER THE RETREAT:

- Ongoing community support and new friends who will continue to cheer you on
- Quarterly local meet ups

QUESTIONS: CAITLINISELER@HAPPYLY.COM, (202) 870-3278

IKIGAI WELLNESS RETREAT FOR EXECUTIVE WOMEN

**CHARLOTTESVILLE, VA
MARCH 14 - 17, 2023**

ITINERARY

Thursday, March 14, 2024

- 12:00 pm - Arrival and check in (If Happily is providing your transportation from Washington, DC, we will depart the area at 9:00 am.)
- 1:00 pm - Lunch and settling into rooms
- 2:00 pm - Welcome Yoga
- 5:30 pm to 7:30 pm - Evening Meal Time (Choose to dine at a time that works best for you, either with the group or independently.)
- 8:00 pm - Evening Restorative Yoga
- 9:00 pm - Enjoy a good book, cozy conversation, or an early bedtime—whatever feels right for your body & soul.

Friday, March 15, 2024

- Sunrise or Sleep In - Coffee and Tea Service
- 8:30 am - Morning Yoga
- 10:00 am - Brunch
- 12:00 pm - Depart for Group Hike
- 4:00 pm - Yoga & Meditation
- 5:30 pm to 7:30 pm - Evening Meal Time
- 7:30pm to 9pm - Live Music by the Fire Pits (Or spend some quality time on self-care or with a good book.)
- 9:00 pm - Restful, Pre-Sleep Yoga

Saturday, March 16, 2024

- Sunrise or Sleep In - Coffee and Tea Service with Breakfast
- 10:30 am - Depart for Long Group Hike, followed by an optional winery visit
- 4:00 pm - Yoga & Meditation
- 5:30 pm to 7:30 pm - Evening Meal Time
- 8:00 pm - Guest Speaker (Or enjoy an intimate fireside chat with a friend, or retreat to a cozy corner to read.)
- 9:00 pm - Bedtime

Sunday, March 17, 2024

- Sunrise or Sleep In - Coffee and Tea Service
- 8:30 am - Morning Yoga
- 10:00 am - Brunch
- 11:30am - Departures and Hugs



IKIGAI WELLNESS RETREAT FOR EXECUTIVE WOMEN

**CHARLOTTESVILLE, VA
MARCH 14 - 17, 2023**

PACKING LIST

Nestled among the Blue Ridge Mountains, the Shenandoah Valley is gorgeous year round, and it's especially peaceful in early spring when temperatures range from the low 20s to the mid 50s (Fahrenheit). Please pack for warmth and comfort!

MOVEMENT WEAR (INDOOR YOGA & MEDITATION):

- Yoga Pants or Leggings x 4
- Sports Bras x 4
- T-shirts or Tanks
- Thin, Long Sleeved Shirt x 4

OUTDOOR WEAR (HIKING):

- Winter Coat (Puffers are great)
- Warm Socks (Smartwool or similar)
- Winter Hat
- Gloves
- Hiking Boots or Sneakers with good tread
- Sunglasses
- Scarf or Fleece Gator

OTHER WEAR (DINNER, ETC.):

- Sweaters or Tops x 3
- Jeans/Pants x 3
- Dress (if cozy and warm)
- Casual Boots or Sneakers
- Pajamas

PERSONAL

- Toiletries
- Under Garments
- Book



IKIGAI WELLNESS RETREAT FOR EXECUTIVE WOMEN

CHARLOTTESVILLE, VA | MARCH 14 - 17, 2023

WHAT IS IKIGAI?

During our time together, we will begin to explore the concept of *ikigai* and how you can strive to center your life and work around the people, activities, and things that light you up and bring you joy.

Ikigai (pronounced "ee-kee-guy") is the Japanese concept of your life's purpose. *Iki* means "life," and *gai* translates to "value" or "worth." Your *ikigai* is your bliss—it's what brings you joy and inspires you to get out of bed every day.

Finding your *ikigai* is a deeply personal journey, but the basic idea is to identify the intersection of four key elements:

1. **What you love:** This is your passion, the things you truly enjoy doing, even if they don't feel "productive."
2. **What you're good at:** These are your skills and talents, the things you do naturally and well.
3. **What the world needs:** This is your contribution, the ways you can use your skills and passions to make a positive impact on others.
4. **What you can be paid for:** This is your financial viability, how you can turn your skills and passions into a sustainable livelihood.



Finding your *ikigai* isn't a one-time thing. It's a continuous process of self-discovery, personal learning, and growth. It's about experimenting, trying new things, and reflecting on what makes you feel truly alive and inspired. There is no right or wrong answer, and your *ikigai* might evolve over time as you learn and change.

Thank you for investing in your wellness! We are so happy you will be joining us in Charlottesville, VA at this special retreat for women in leadership.