

Day Retreat in Serenbe: Nourish & Reset for Moms



HIGHLAND YOGA



Date: May 18, 2025

This thoughtfully curated one-day yoga retreat is designed exclusively for mothers — women who hold so much yet often have little time to recharge. The day offers a blend of mindful movement, breathwork, sound healing, reflection, creative expression, and nature — all with the intention of creating space to reset the nervous system, release emotional tension, and reconnect with self.

Moms will walk away with simple tools to support emotional well-being, a deep sense of connection, and nourishment in mind, body, and spirit.



Itinerary

Your day includes....

- 8:30 - Coffee + Bagels
- 9:00 - Nervous System Reset
- 9:30 - Yoga & Sound
- 11:00 - Journaling + Sharing
- 12:00 - Meditation + Connection
- 1:00 - Lunch
- 2:00 - Hike to Waterfall
- 4:00 - Guided Labyrinth
- 6:00 - 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

Nourishment for Moms

Join **Megan Vaughn**, yoga teacher and mother of two, for a rejuvenating day retreat designed to give moms the pause they truly deserve—a chance to rest, recharge, and reconnect with themselves. Through nervous system resets, meditation, yoga, time in nature, and creative activities, you'll gain practical self-care tools to seamlessly weave into your daily life. This is your invitation to breathe deeply, move mindfully, and return home feeling nourished, empowered, and renewed.



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 for a custom quote!



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