

Day Retreat in Serenbe

Journey Home: Reconnecting with Your Essence Through Yin Yoga, Cacao & Sound Healing



HIGHLAND YOGA



Date: August 10, 2025

Reconnecting with Your Essence Workshop

Join us for a day of deep exploration and self-discovery guided by Malinie Feeney, an experienced 500-hour yoga teacher and sound healer. This enriching retreat is designed to help you reconnect with your true self through a blend of Yin yoga, ceremonial cacao, and sound healing. In a nurturing environment, you will find a supportive community where you can slow down, reflect, and embrace the transformative power of healing arts. Whether you are looking to deepen your practice or simply unwind, this experience promises to leave you rejuvenated, inspired, and aligned with your essence.



Itinerary

1. Welcome & Introduction
9:00 AM - 9:30 AM
Overview of the day's theme.
2. Yin Yoga Session
9:30 AM - 10:30 AM
Gentle Yin yoga for relaxation.
3. Nourishing Snack Break
10:30 AM - 11:00 AM
Energizing healthy snacks.
4. Ceremonial Cacao
11:00 AM - 11:30 AM
Heart-opening cacao ceremony.
5. Nature Walk to Waterfall
11:30 AM - 12:15 PM
Serene walk to connect with nature.
6. Labyrinth Meditation
12:15 PM - 1:00 PM
Mindful walking meditation.
7. Lunch Break
1:00 PM - 2:00 PM
Rest and recharge.
8. Guided Meditation & Sound Bath
2:00 PM - 4:00 PM
Relaxing sound vibrations for healing.
9. Journal & Reflection
4:00 PM - 4:30 PM
Time for personal reflection.
10. Closing Circle
4:30 PM - 5:00 PM
Share experiences and reflections.
11. Dinner
5:00 PM
Nourishing dinner to wrap up.



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.

Reconnecting with Your Essence Retreat Programming

During the Reconnecting with Your Essence retreat, you will engage in an immersive journey led by Malinie Feeney, who combines her expertise in yoga and sound healing. The day will kick off with a grounding Yin yoga session, promoting introspection and the release of tension. Following this, participants will partake in a heart-opening ceremonial cacao session, fostering connection and creativity. We will then enjoy a serene walk to the waterfall, allowing nature's beauty to enhance our connection with ourselves and our surroundings. This will be followed by a labyrinth meditation walk, where you can reflect and center your thoughts in this peaceful environment. The afternoon will feature a powerful sound healing meditation, where resonant vibrations will facilitate emotional and spiritual healing. We will conclude our day with a closing circle, providing a space for reflection and sharing insights among participants. This thoughtfully crafted program offers a unique opportunity to connect deeply with yourself and your community, creating a lasting impact 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

Includes:

- Morning and afternoon programming
- Nurturing snacks
- Journal and pen

Lunch and dinner not included in pricing.



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
- Yoga mat (optional - mats are available to borrow)
- Sunscreen
- Hiking/Walking shoes
- Water bottle
- Snacks to fuel your energy!

Ready to book?

Email elsie@highland-yoga.com for a custom quote



HIGHLAND YOGA

