

# Day Retreat in Serenbe: Heart-Centered Self Care



HIGHLAND YOGA



# Date: June 14, 2025

Take a day to unwind and reconnect to yourself in this heart-centered self care retreat. Your stress and tension will melt away as your body, mind, heart, and spirit are supported by meditation, yoga, forest-bathing, grounding, and sound and energy healing led by yoga teacher and professional musician, Lauren Seay.





# Itinerary

## Your day includes....

- 8:30 - Coffee + Bagels
- 9:00 - Guided Labyrinth Experience
- 10:30 - Journaling and Sharing
- 11:00 - Meditation and Yoga
- 12:30 - Lunch
- 2:00 - Forest bathing and hike to waterfall
- 3:30 - Sound Bath
- 4:30 - Journaling and Sharing
- 5:00 - Energy Healing Circle and Meditation



## 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

**Heart-centered self care: where spirituality meets yoga, meditation, forest-bathing, healing music, and energy healing**

Join yoga teacher and professional musician Lauren for a day of wellness for your heart, mind, body, and spirit. Let your normal life melt away on this day as you return to the core of your being, stripping away the layers of what no longer serves you. Be prepared to reconnect with elements of childlike wonder, curiosity, exploration, and ease as you come home to yourself in a safe, welcoming space.





# 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 (There are several dining options on Serenbe's main street that Lauren will guide you to, or you can bring your own lunch!)





# 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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