

Day Retreat in Serenbe: Yoga & Serene Slumber



HIGHLAND YOGA



Date: September 21, 2025

If you've been feeling burned out, exhausted, or running on empty, this retreat is for you. Take one intentional day to slow down, recharge, and reconnect with yourself and your peace. Join Mallory, a Nutritionist, Master Certified Wellness Coach and Yoga Instructor as she guides you through gentle slow & steady yoga, breath work and deeply restorative Yoga Nidra. We will discuss science-backed sleep hygiene practices and you'll leave with a personalized bedtime routine to support deep, lasting sleep.

Walk away feeling restored, and empowered with practical tools to combat burnout, improve your rest, and sustain your energy in your daily life.



Itinerary

Your day includes....

- 8:30AM - Arrive, Bagels & Coffee
- 9AM - Welcome & Intentions
- 9:15AM - Slow & Steady Flow
- 10:15AM- Break/ Snack
- 10:45AM- Mindfulness & Sleep Discussion & Sleep Hygiene Workshop
- 12PM- Yoga Nidra
- 12:30PM- Lunch
- 2PM Waterfall Walk & Labyrinth
- 4:15PM- Restorative/ Yin Yoga
- 5PM Closing Ceremony
- 5:30PM 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

Sleep should be simple right? It's nighttime, we close our eyes, we should effortlessly drift off and wake only to our alarm in the morning. But sometimes it doesn't feel simple- we find ourselves laying in bed wide awake, unable to turn our brain and thoughts off, worrying about not getting enough sleep, or scrolling on our phones late into the night. We might wake up multiple times through the night or before our alarm goes off, making us lose hours of precious sleep. If you've been struggling to drift off, stay asleep, or wake up feeling groggy and not well rested, join us! Mallory will delve into disrupting factors of our sleep, how to start snoozing deeper and rise feeling rejuvenated and ready for the day ahead.



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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