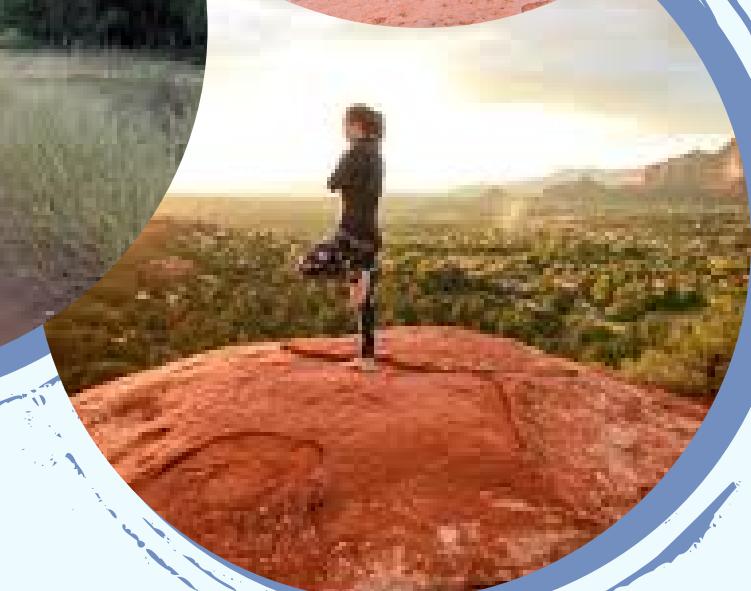


Sacred Sisters

A Women's Retreat in Sedona

with Cyndi Bulkä



OCTOBER 10-15 & 15-20, 2023

Sacred Sisters

A Women's Retreat

There are 2 retreats offered this year! The Sacred Sisters Women's Retreat offers an oasis away from the fast-paced demanding lives we're so often drawn into that can cut us off from our innate & sacred feminine wisdom. Our intention is collective healing & rest; to cultivate a space where we can tap into shared wisdom, support & connection. When we peel back layers of conformities, insecurities, drama & other low vibrational mindsets that may keep us from stepping into our divine feminine power, we can let go of what's been holding us back from discovering our true nature & our unique & valuable contributions to our families, friends & the world. We come together as sacred mirrors for one another to share a healthy balance of fun, laughter, & vulnerability; to both acknowledge our pain & celebrate life!



Our Venue

Sedona is a very special place with a world-wide reputation as an energetic spiritual Mecca, making it the perfect place to inspire transformational experiences. Its stunning, unique natural beauty is an unparalleled backdrop for nourishing body & soul, for allowing ourselves to let go of the negative thoughts, beliefs & irrelevant stories that prevent us from becoming our most authentic, out loud n' proud version of ourselves.

We'll reside at Sky Castle, an architectural masterpiece wrapped around a juniper tree with unique furniture, skylights tracking the moon, window seats, a hot tub, covered porches capturing epic views, & a floating patio for stargazing. Listen to the creek below & be amazed at towering red rocks views & a wild gorge that unfolds before us. Sky Castle is truly a place to inspire & renew.



Accommodations



Tranquility Room

A private, peaceful room tucked away from others with a writing desk.

Shared bathroom.

2 Single Beds

\$1,200 per person



Nurture Room

A special top floor space with windows all around. Shared bathroom.

1 King \$1,550 for 1 person or
\$1,100 if shared by 2

1 Single Bed \$1,200

Inspiration Room

Sleep on Sedona red earth sealed with linseed oil! Ensuite bathroom & window seat with Cathedral Rock view.

1 Queen \$1,550

2 Single Beds \$1,300 per person

Clarity Room

Private and spacious room with amazing views, a walk in closet & shared bathroom.

1 King \$1,650 for one person or \$1100 per person if shared by 2.



Light Room

Windows span this spacious room that takes in fabulous river, rocks & gorge views. Shared bathroom.

3 Single Beds

\$1200 per person



Shared Spaces

There are 2 spacious shared bathrooms with soaking tubs & walk in showers.

The Inspiration room is the only room with an en suite bathroom.

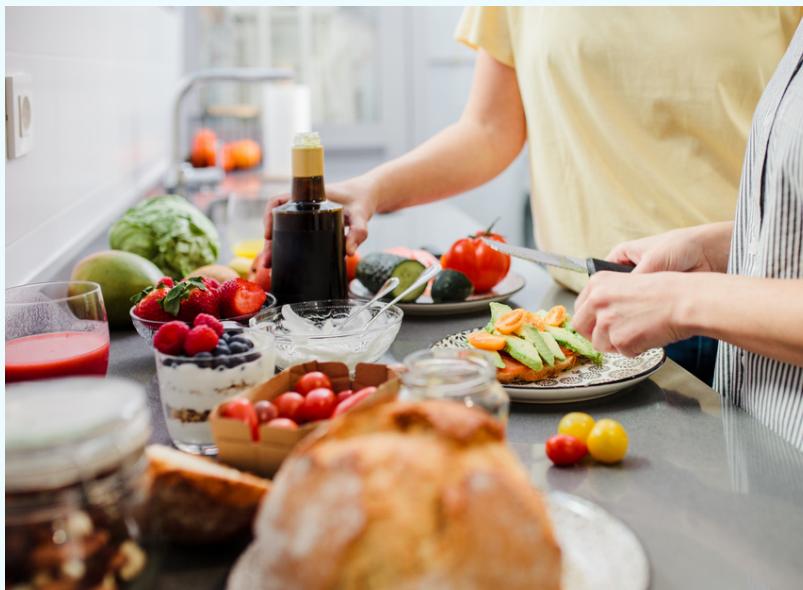
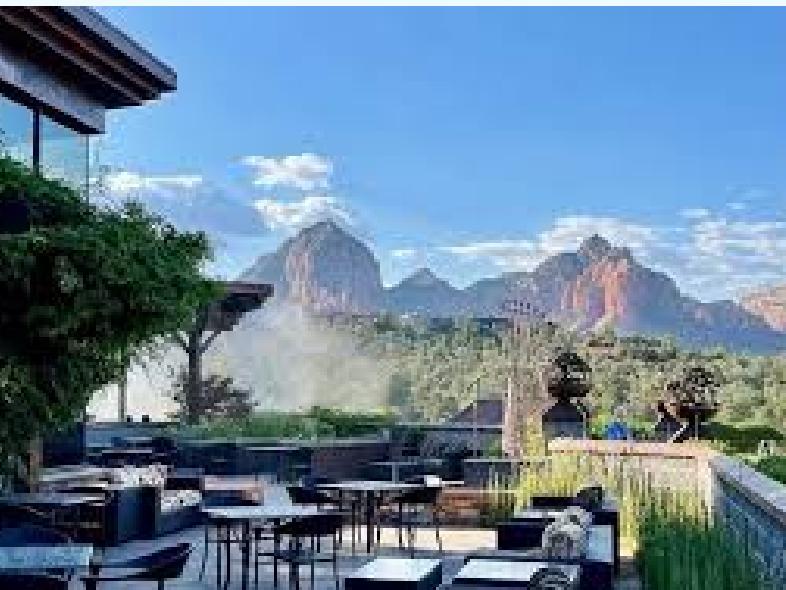
You'll enjoy plenty of private nooks, window seats, hammocks, a library & sitting areas inside & outside the house that allow for more private reflective time, as well as spacious shared living spaces with plenty of comfortable seating both indoors & out.

Food

Your tuition includes 5 breakfasts, 4 lunches & 5 dinners plus snacks, all vegetarian. Please let me know if you have any food allergies.

Part of nurturing the feminine spirit is about properly nourishing your body with whole foods that give you great energy. You'll have the opportunity to participate in preparing some of our meals if you desire so you can learn how to prepare healthy, plant-based meals & menus.

One day in the week, lunch will be on your own. There are many excellent restaurants at various price points in the town of Sedona, just minutes away.



Excursions & Adventures

Professionally Guided Hiking Tour

(included in your tuition)

An exploration by jeep & foot of Sedona's impressive red rock formations and famous energy vortices that allow for expansive, majestic views.



Explore nearby trails & swimming holes, some right off our property



Take a hot soak
in the on-premises
hot tub

Stargaze magical
skies from our
own open air
platform



Enjoy a
massage with
a view
(by appointment in
advance)

Yoga & Meditation

We'll have 2 daily practices, each designed to unwind your body, calm your mind, open your heart & soothe your soul. All levels welcome!



Indoor

*Yoga room with
mats provided*

*Yoga & meditation
under the stars*



*Outdoor Yoga on
our floating
platform*

Details

What's Included

- Accommodation with Linens & Towels
- Organic local shampoo, body wash & conditioner
- All meals & snacks except lunch one day
- Cooking classes
- Twice daily Yoga & Meditation
- Guided Hiking Tour with transportation (Tips for guides not included)

What's Not

- Airfare
- Land transfers from/to airport & Sky Castle
- Travel Insurance (always recommended!)

Getting There

Sedona from PHX airport is about a 2 hours drive. You can also fly into Flagstaff & take a 30 mile scenic drive that passes through beautiful Oak Creek Canyon. Sky Castle is located at 95 White Point Road in Sedona, AZ.. Once the retreat is fully registered, we can group women together to share the expense of car rentals/hired drivers.

Arrival time is 4pm on the 10th; Check out 10am on the 15th. Same for Oct. 15-20

What To Bring

Temperatures this time of year average in the low-mid 70's during the day & evening temps at around 50. Rainfall is very light this time of year. The warm days & cool nights are perfect for our retreat!

- A good pair of hiking shoes with quality socks
- Light layers including shorts and pants, short & long-sleeved shirts, a light sweater/jacket for evenings. (Be casual & comfortable!)
- Sandals are comfortable for daytime activities in town
- Yoga clothes
- Sunscreen
- Sun hat
- Sunglasses
- Yoga mats are provided. Bring any blocks/straps/eye pillows you may like to use.
- Pen & Journal or notebook
- Slippers or slipper socks for indoors
- Camera
- An open mind & heart!

Registration

To register, choose your preferred accommodation & email cyndi@cyndipowers.com to request a reservation also indicating how you wish to pay. Rooms are booked on a first come first served basis. Your reservation request is held for 3 business days, however, your \$400 non refundable deposit is required to guarantee your space.

Please wait to book your flights until you receive notice that the retreat has met it's registration minimum.

Final balances are due by August 10th. If you need a payment plan, just ask! Email or text your questions 919-247-1119.

Upon receipt of your final payment, you will be emailed a form that provides me with all your information, travel plans & emergency contact.

If you are traveling with a friend, please include the name of your friend with your accommodation request. If traveling solo, I will match you with a roomie based upon the accommodation you request as available.

Payments can be made as follows:

via check made to Cyndi Bulka mailed to 8226 Stone Cellar Dr. Raleigh, NC 27613
via Venmo with Zakti Health Solutions using @Cynthia-Bulka

On line via PayPal or credit card through my secure website:

<https://www.cyndipowers.com/retreats-1>

Cancellations

The \$400 non refundable deposit is not directly refundable for any circumstance; however, it is transferable if you have a friend who would like to take your spot. Please Contact Cyndi should this circumstance arise for instructions as to how to proceed.

Final payments are due on August 10, 2023. No refunds thereafter. If you have paid in full and cannot attend, you can transfer your spot to a friend.

In the event that a natural event arise that prevents the trip from taking place, (like a medical travel shut down or natural disaster), every effort will be made to reschedule the trip in the same venue at the same price at a time that is convenient for all. In the event that our hosts cannot reschedule us, you will receive a refund, less any fees incurred by me from our hosts, within 90 days. If you choose not to attend the rescheduled retreat, no refunds are available; however, you can transfer your spot to a friend without added expenses on my end.

I strongly recommend purchasing travel insurance to protect your investment.