



# Sacred Sisters

A Women's Retreat  
in the  
NC Mountains  
with Cyndi Bulka



OCTOBER 8-13 2024

# Breaking Through the Barriers of Our Own Minds

*A Sacred Sisters 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, and to explore the ways in which our own thoughts and beliefs may be holding us back from living our lives fully with passion and purpose.*

*With the help of Yoga, meditation and stunning nature, we'll peel back layers of conformities, insecurities, & low vibrational mindsets so we can step into our divine feminine power. We come together as sacred mirrors for one another to share a healthy balance of fun, laughter, & vulnerability; to both acknowledge our pain, honor our strength & celebrate life!*



# Our Home

Listen to the sounds of nature, smell the forest and take in the majestic mountain views in seclusion as you recalibrate and restore yourself. It's the beautiful mountain views on the expansive 2 acres surrounded by elk that give the Elk Lodge its name; it's the freedom of being in constant serenity that gives it its spirit. The Elk Lodge is a luxurious 6 bedroom 5.5 bath Lodge with a separate Guest House situated at the top of a mountain with majestic long-range views. The Lodge has everything we could possibly need, from the fully stocked kitchen and coffee bar, game/Yoga room, sun room, hot tub and fire pit. And it'll be peak leaf season!



# Accommodations



## King Upstairs Ensuite Master

*A spacious, well-appointed room with ensuite luxury bathroom, seating area, large screen tv and gorgeous views*

*Single \$2050*

*Double \$1500 per person*





## *King Main Floor Master*

*A spacious, well-appointed room with luxury private bathroom that sits just across the hall.*

*Single \$1,900*

*Double \$1,400 per person*





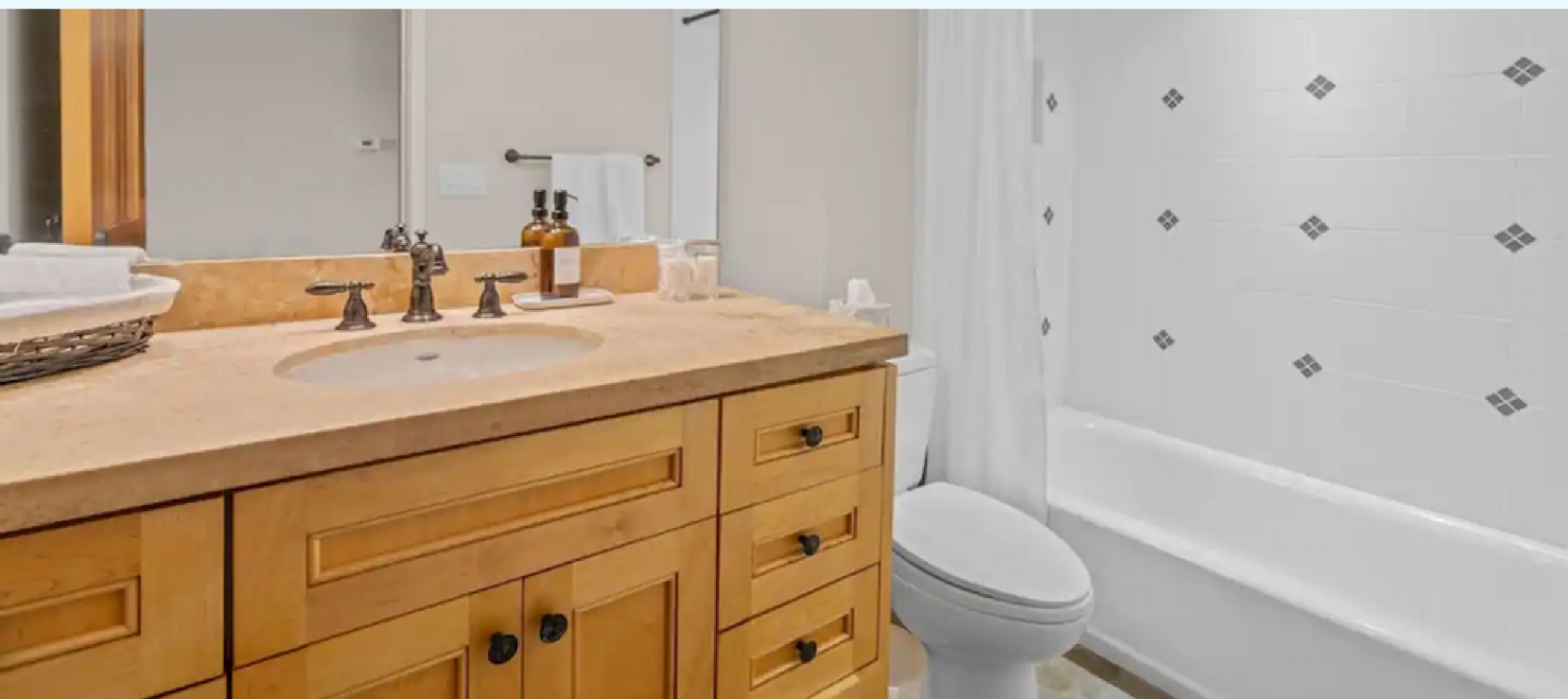
## *King Downstairs Master*

*A spacious, bright and airy room with shared bathroom.*

*Shares with 2 twins.*

*Single \$1750*

*Double \$1,250 per person*





## *Guesthouse Ensuite Queen*

*A comfortable, cozy room with 1 Queen bed and ensuite bathroom with large tiled shower.*

*Single \$1850*





## *Guest House Ensuite Twins*

*A bright and airy room with 2 twin beds and ensuite bathroom*

*Single \$1750*

*Double \$1250 per person*





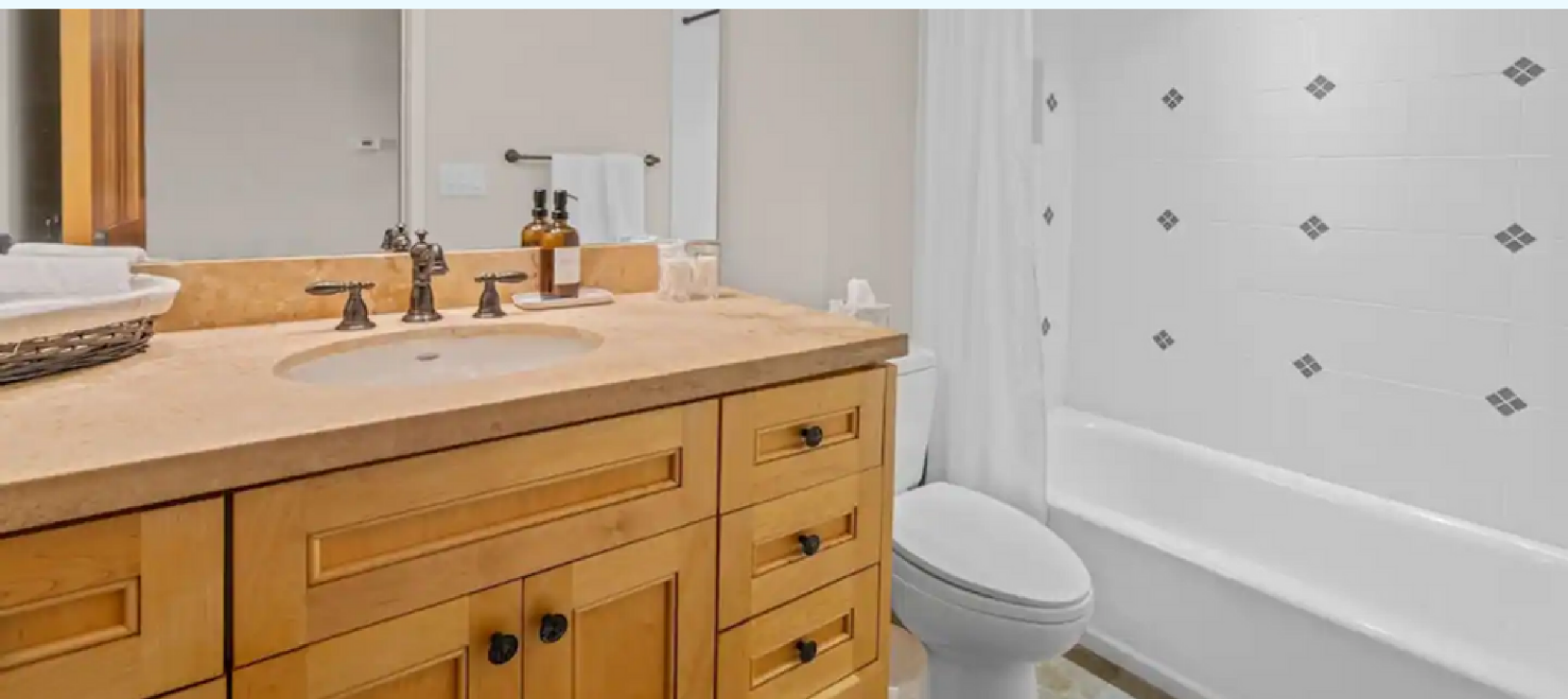


## *Downstairs Twins*

*A bright and airy room with 2 twin beds and shared bathroom with the downstairs King.*

*Single \$1500*

*Double \$1100 per person*



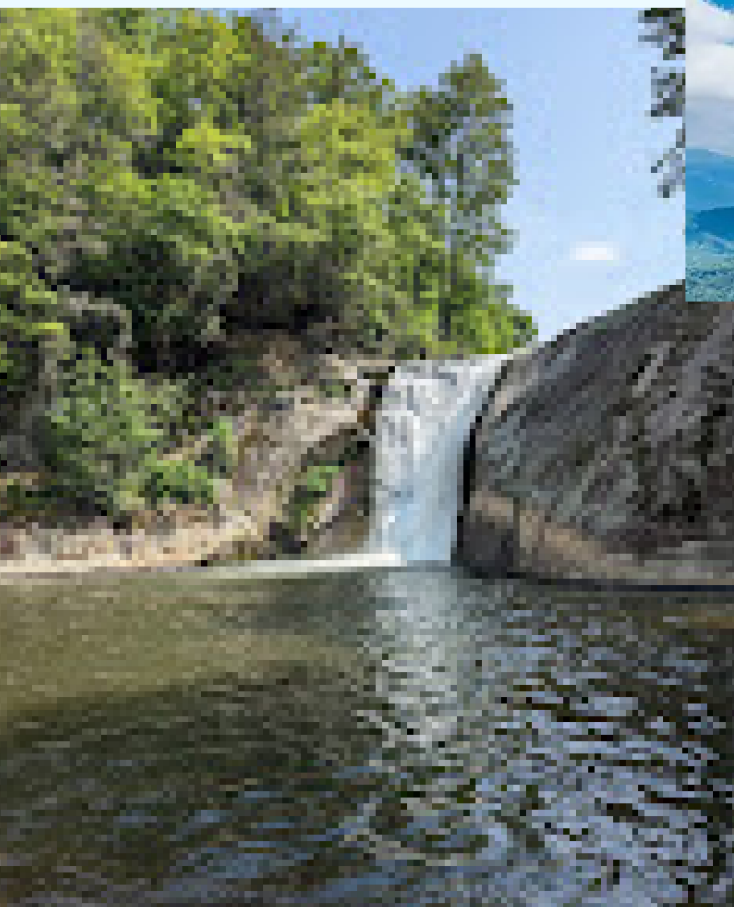
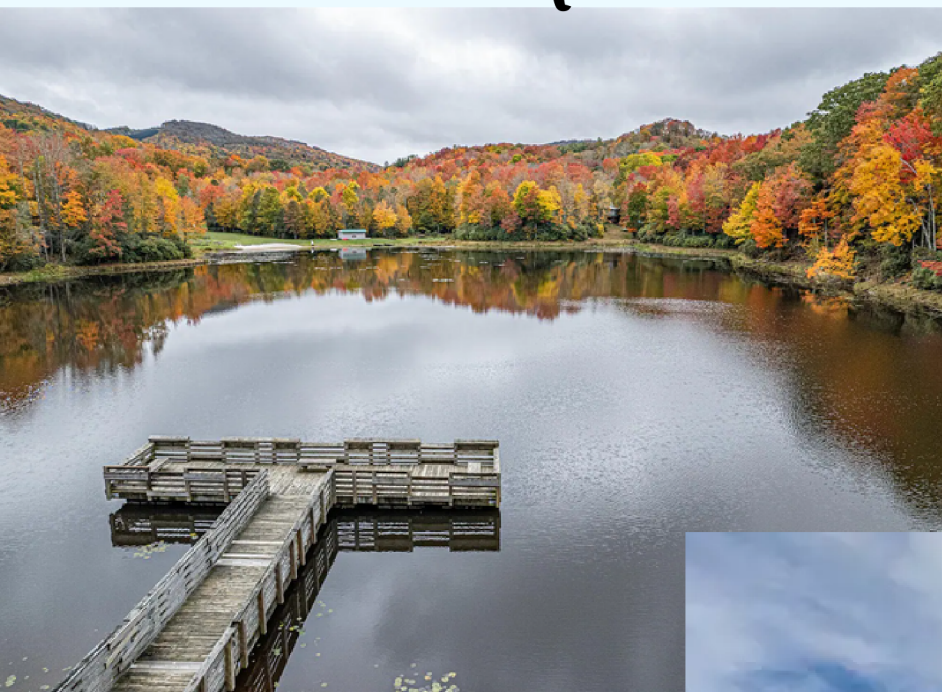
# Food

Tuition includes 5 continental breakfasts, 3 continental lunches & 4 dinners, 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, lunch and dinner will be off premisis. There are many excellent restaurants at various price points in the town of Banner Elk, minutes away.



# Adventures



Explore the many nearby trails, waterfalls & Wild Cat Lake just down the hill from our property. We'll do some group hikes & you can go on your own as much as you like!



Take a hot soak  
in the on-premises hot  
tub with beautiful vista

Enjoy stargazing  
around the fire pit  
with friends



Take in the  
beautiful fall  
foilage that  
surrounds the  
property

# Yoga & Meditation



We'll have 2 daily practices, each designed to unwind your body, calm your mind, open your heart & soothe your soul. Weather permitting, we can take some practices outdoors if we like!

I teach a gentle style of Yoga that includes slow flow, therapeutics and restorative Yoga. All levels welcome and no experience necessary.

# Details

## What's included

- Accommodation with Linens & Towels
- Meals except one lunch and one dinner
- Cooking classes
- Twice daily Yoga & Meditation
- A 1:1 private session with Cyndi

## What's Not

- Transportation (although ride sharing is encouraged!)

## What to Bring

- Comfortable attire is all we need! Perhaps layers as evenings may be cool.
- Swimsuit for hot tubbing
- Good hiking shoes
- Yoga attire
- Yoga mat, blocks, bolster and blanket. (I have some for borrowing if you need it).

## Getting There

Banner Elk is a 3.5 hour drive from Raleigh. If you are coming in from out of town, consider flying into Raleigh-Durham and ride sharing to our venue. Contact Cyndi to facilitate that.

Arrival time is 3pm on the 8th; Check out 10am on the 13th.

# Registration

To register, choose your preferred accommodation & email [cyndi@cyndipowers.com](mailto:cyndi@cyndipowers.com) 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 \$500 NON REFUNDABLE deposit is required to guarantee your space.

Final balances are due by August 20th. 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. If I'm not able to pair you, the single rate will apply.

Payments can be made as follows:

via check made to Cyndi Bulka mailed to 8226 Stone Cellar Dr. Raleigh, NC 27613

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

<https://www.cyndipowers.com/retreats-1> Please note that a 3% fee will be added to all electronic payments to cover the associated fees.

# Cancellations

The \$500 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 20, 2024. 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 recommend purchasing travel insurance to protect your investment.