

Welcome to the Awaken Your Flow Retreat

Dear Esteemed Guest,

We are truly delighted to extend our warmest invitation to you, as you consider joining us for our first ever ***Awaken Your Flow Retreat***. This transformative experience will unfold over three days of rest, renewal, and reconnection in the serene backdrop of the Blue Ridge Mountains. Designed with utmost care, our retreat offers a sacred space to nurture your nervous system, awaken your chakras, and guide you into deeper alignment, all under the enchanting Aries New Moon.

Your Journey Awaits

Embrace this opportunity to embark on a journey of self-discovery and rejuvenation. Whether you have already registered or are exploring the possibility of joining us, we are excited to share a glimpse of what awaits during this celestial retreat.

Retreat Overview

April 16-19, 2026 | Banner Elk, NC

Thursday, April 16 – Arrival & Grounding 🌙

- **4:00 PM** | Arrive at our luxurious mountain sanctuary, check in, and create your sacred space.
- Explore the captivating property, connect with fellow participants, or enjoy moments of quiet reflection.
- **6:30 PM** | Delight in a cozy welcome dinner, followed by an ***opening circle*** to set intentions and embark on our journey together.

Friday, April 17 – Awakening & New Moon Ritual ✨

- **8:00 AM** | Engage in a ***morning flow*** with breathwork, chakra activation practices, and guided meditation to awaken your energy.
- Enjoy a light breakfast to ease into your day.
- Late Morning | Experience ***Group Spinal Flow sessions*** for a personalized nervous system reset in intimate circles. (These high vibrational spinal flow experiences are where the magic happens & we collectively shift to new states of consciousness!)
- **12:30 PM** | Savor a nourishing catered lunch.
- Afternoon | Relish free time for reflection, journaling, hot tubbing or connection, alongside additional ***Spinal Flow sessions***. (Your spiritual goodie bags will also offer some fun things to explore during free time, or enjoy the amenities the luxurious cabin we are in have to offer!)
- Evening | Indulge in a catered dinner crafted by a local mountain chef.

- Nightfall | Participate in an **Aries New Moon Release Ritual** by the bonfire, featuring guided journaling & fire transmutation ritual, manifestation practice, tapping & movement to shift to higher states, and a crystal bowl sound bath under the stars!

Saturday, April 18 – Expansion & Harmonization 🌌

- **8:00 AM** | Engage in a **morning practice** that blends meditation, gentle yoga, and chakra activations!
- Enjoy a light breakfast that offers variety for all dietary needs!
- Late Morning | Let the **Group Spinal Flow sessions** continue! Experience nervous system release and alignment as the flow of life force energy clears your body, heart & spirit of blockages!
- **12:30 PM** | Enjoy a catered lunch & take in the scenic views!
- Afternoon | Immerse yourself in a **guided nature connection** as we hike and explore grounding practices amidst the Blue Ridge Mountains. (Let's get weird & hug some trees!)
- Evening | Join a communal catered dinner.
- Nightfall | Experience a **restorative evening practice** with Yoga Nidra, sound bath, and tapping for manifestation to harmonize body and spirit.

Sunday, April 19 – Integration & Farewell 🌿

- **8:00 AM** | Conclude with a **closing meditation & integration circle** to seal in the weekend's transformations.
- Relish a light breakfast, teas, and grab-and-go offerings.
- **10:00 AM** | Check-out and heartfelt farewells & newfound friendships!

Join Us

We eagerly anticipate the possibility of welcoming you into this transformative experience. Should you decide to join us, rest assured that every aspect of this retreat has been thoughtfully curated to offer you a holistic and celestial journey of growth and self-discovery.

From Under The Stars,

Astralis Healing, LLC 🌙🌟