



Holistic Haven

An energetic renewal
retreat in beautiful
Virginia Beach

Retreat Highlights

- Daily Yoga
- Reiki and Acupuncture
- Oceanfront Relaxation
- Nourishing Meals
- Group Activities + Time for Reflection



SAMPLE SCHEDULE

Offerings and schedule subject to change

Thursday: Arrival & Grounding

- 5:00 PM – 6:00 PM: Welcome & Settling In – Have a cup of tea, look at the ocean, and find your room.
- 6:00 PM – 7:00 PM: Welcome Dinner. A nourishing, seasonal plant-forward meal.
- 8:00 – 9:00 PM: Yin and Yoga Nidra: a slow-paced practice followed by a yogic “nap” to ease the transition from travel to stillness and assist with a profound first night of rest.

Friday: Flow and Connect

- 7:00 AM – 7:45 AM: Sunrise Vinyasa Flow. An energizing morning practice to wake up the body and synchronize movement with breath.
- 8:30 AM – 9:30 AM: Breakfast. Savory oats, fresh fruit, and sourdough toasts.
- 9:30 AM – 11:30 AM: Free Time / Individual Sessions/ Group Excursions
- 12:00 PM – 1:00 PM: Lunch. Mediterranean-style grain bowls and legumes.
- 2:00 – 3:00 PM: Group Reiki Experience. A gentle, meditative session where energy healing is shared in a communal setting.
- 3:00 PM – 5:00 PM: Free Time / Individual Sessions/ Group Excursions
- 5:00 PM – 6:00 PM: Chakra Yoga Workshop. A specialized flow focusing on the seven energy centers.
- 7:00 PM – 8:00 PM: Dinner. Warm, grounding soup and roasted vegetables.

Saturday: Deep Release

- 7:30 AM – 8:45 AM: Slow Flow Vinyasa. Focus on mobility and mindful transitions.
- 9:00 AM – 10:00 AM: Breakfast: Fresh juices + frittata
- 10:00 AM – 1:00 PM: Free Time / Individual Sessions/ Group Excursions
- 1:00 PM – 2:00 PM: Lunch - from the farmer's market.
- 2:00 PM – 4:00 PM: Quiet Hours. Use this time for a nap, a long walk, or silent meditation.
- 4:30 PM – 6:30 PM: Restorative Yoga with Acupuncture. A signature healing session. While supported by props in long-held restorative poses, a licensed practitioner will provide a gentle acupuncture treatment focused on stress reduction.
- 7:00 PM – 8:30 PM: Farewell Celebration Dinner. A festive, nourishing multi-course meal.

Sunday: Integration and Return

- 7:30 AM – 8:30 AM: Heart-Centered Closing Flow. A gentle vinyasa focused on gratitude and carrying the retreat's peace back into daily life.
- 8:30 AM – 9:00 AM: Farewell Light Breakfast & Departure.

Meals will be seasonal and plant-focused. Special dietary needs accommodated on request. No alcohol will be provided, but you may choose to responsibly enjoy any you bring.