

Private Immersions

***Three Day Immersion

3 Days / 2 Nights*

Price with tax: \$1,500/person

Available any day of the week, our Three-Day Immersion Program is a personalized, in depth kick start into your new consciousness lifestyle. In three days, you'll get a taste of how mindfulness and conscious awareness can change your life! Included in your stay is: an Eye Reading and MFR Massage Package; a labyrinth walk; breath work session; two restorative yoga sessions; and one skills enhancement follow up call.

Overnight lodging is provided. Additonally, there is a tea station in our main lodge accessible to you with unlimited water and hot tea for you to enjoy.

During your stay enjoy 5 healthy meals lovingly catered.

*Check in is 5:00pm on your day of arrival.

*Check out is 12:00pm on the day of departure.



****Two Day Immersion**

2 Days / 1 Night*

Price with tax: \$1,250/person

Two-Day Immersion Program is a personalized introductory kick start into your new consciousness lifestyle. In just two days, you'll get a taste of how mindfulness and conscious awareness can change your life! Included in your stay is: an Eye Reading and MFR Massage Package; a labyrinth walk; breath work session; one restorative yoga session; and one skills enhancement follow up call.



Overnight lodging is provided.

Additionally, there is a tea station in our main lodge accessible to you with unlimited water and hot tea for you to enjoy.

During your stay enjoy 3 complementary healthy meals lovingly catered.

*Check in is 10:00am on your day of arrival.

*Check out is 12:00pm on your day of departure.