



InspireMe360 Retreat - Welcome Package

Welcome to Your Journey

Dear Beautiful Soul,

Welcome to InspireMe360 – a retreat of transformation, detox, creativity, and deep reconnection. This sacred journey will open your heart, restore your body, and renew your spirit. We're so honored to walk this path with you.

What to Pack

Clothing:

- ✓ Comfortable yoga/stretch wear
- ✓ Warm layers for mornings and evenings
- ✓ Rain jacket or windbreaker
- ✓ Hiking boots or sturdy shoes
- ✓ Swimwear (for cold plunge + sauna)
- ✓ One all-white outfit (for ceremony night)
- ✓ Outfit for evening drumming/dance parties
- ✓ Sleepwear

Personal Care:

- ✓ Natural toiletries (biodegradable when possible)
- ✓ Sunscreen, lip balm, insect repellent
- ✓ Medications & supplements
- ✓ Reusable water bottle
- ✓ Journal & favorite pen(s)
- ✓ Small backpack or day bag
- ✓ Towel & yoga mat (if not provided – confirm)

Optional Items:

- ✓ Sacred object for altar (crystal, photo, token)
- ✓ Instruments (drums, shakers, flutes)
- ✓ Eye mask & earplugs
- ✓ Personal essential oils
- ✓ Favorite book or poem for sharing
- ✓ Gift or small token if you'd like to exchange with a new friend



Meals & Dietary Info

All meals are **organic, plant-forward, and detox-supportive**. Please notify us of any allergies or restrictions. Herbal teas, filtered water, and smoothies will be available daily. Coffee is limited to allow your nervous system to reset.

Body & Mind Preparation

Before You Arrive:

- ✓ Complete your health & intention questionnaire
- ✓ Schedule any needed time off work or caregiving
- ✓ Begin a light detox if possible (limit sugar, alcohol, and processed foods 5 days prior)
- ✓ Journal your current goals, emotions, and what you hope to release
- ✓ Set a personal intention for the retreat

What to Expect Daily

- ✓ Morning rituals, nourishing meals, and reflective journaling
- ✓ Physical practices: cold plunges, hiking, dance, stretching
- ✓ Spiritual workshops, ceremonies, and healing circles
- ✓ Evening celebration: fire, music, community
- ✓ Time for you – rest, integration, and nature

Getting There

Location: [Venue name and address]

Arrival Time: Between 2:00 – 4:00 PM on Day 1

Parking: On-site parking available. Carpooling is encouraged.

Airport Shuttle: Available upon request (please confirm 10 days prior)

Our Agreements

- ✓ Come with an open heart and beginner's mind
- ✓ Respect your journey and others' space
- ✓ Confidentiality: what's shared in circle stays in circle
- ✓ Stay present – please limit phone use during sessions
- ✓ No drugs or alcohol permitted on-site
- ✓ Be kind, be you, be real



Final Thoughts

You are about to enter a space of safety, joy, transformation, and sacred remembrance. This retreat is a gift to your soul. Come as you are – and be ready to leave as more of who you truly are.

We can't wait to welcome you.

The InspireMe360 Team