



ROOTED WITHIN WELLNESS

Regenerative Retreat Experiences for Parents and Caregivers Who Are Navigating a Child's Medical Journey

RWW FALL 2026 WOMEN'S RETREAT

Rooted Within Wellness : Gathered & Grounded

October 16-18, 2026

Potawatomi Inn, Pokagon State Park, 6 Lane 100A Lake James, Angola, IN 46703

This itinerary is a guiding framework that may shift slightly. The flow of the weekend is intentionally designed to offer community, rest, regeneration, and supportive resources — all held in a way that honors your pace, your needs, and your own way of moving through the experience. Throughout our time together, please do not hesitate to ask for help. We're here.

FRIDAY Arrival, Grounding & Community

- 3:00–5:00 PM *Arrival & Check-In: Settle into your room, explore the grounds, and exhale*
- 5:15–6:00 PM *Welcome Gathering & Opening Intention in Wigwam*
- 6:00–7:00 PM *Dinner Family-Style: A warm, homemade, nourishing meal Location: tbd*
- 7:15–8:00 PM *Evening Breathwork Practice: A gentle wind-down to ease into rest in Wigwam*
- 8:00–9:00 PM *Optional Fireside Hot Tea + Connection in Wigwam*

SATURDAY Breath, Clarity, Nature & Restoration

- 7:30–8:15 AM *Morning Yoga: Gentle grounding movement to start the day in Wigwam*
- 9:00–10:00 AM *Awaken and Align: Breakfast coupled with teaching message around joy, presence, and living well Location: tbd*
- 10:15–11:15 AM *Mind–Body Resilience Workshop: Exploring emotional clarity, mindfulness, and inner grounding in Wigwam*
- 11:15AM–12:45 PM *Guided Hike + Brown Bag Lunch on the Trails: Mindful movement, fresh air, and connection on the trails*
- 12:45–2:00 PM *Rest & Reflection: Journaling, napping, wandering, or quiet personal space.*
- 2:00–4:00 PM *Afternoon Integration Workshops: An immersive block for group exploration, tools, and growth in Wigwam*
- 5:30–6:30 PM *Dinner Family-Style: A warm, homemade, nourishing meal Location: tbd*
- 7:00–8:00 PM *Sanctuary Sound Bath: Deep restoration and nervous-system unwinding in Wigwam*

SUNDAY Embodiment, Renewal & Re-Entry

- 7:30–8:30 AM *Morning Breathwork : A slow, grounded nervous-system reset to open the day in Wigwam*
- 9:00–10:00 AM *Rise and Renew: Breakfast coupled with a grounding message for integration and clarity Location: tbd*
- 10:00–11:00 AM *Closing Circle: Reflections, blessings, and intentional next steps in Wigwam*
- 11:00 AM *Retreat Close & Check-Out*

Guests are welcome to enjoy the park at their own pace.