



ROOTED WITHIN WELLNESS

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

FIRST ANNUAL RWW WOMEN'S RETREAT

Rooted Within Wellness: Held and Healing

February 20-22, 2026

Abe Martin Lodge, 1405 State Road 46, Nashville, IN 47448

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 ♥ Please note: all sessions and meals will be hosted in the Allison Peabody room, with the exception of the private Saturday night dinner, held in the family cabin suite (more details at check in).

FRIDAY

Arrival, Grounding & Community

- 4:00-5:30pm** *Arrival & Check-In: Settle into your room, explore the grounds, and exhale*
- 5:30-7:00pm** *Welcome Gathering with Vicky Lynn, followed by soul nourishing Dinner*
- 7:00-7:30pm** *Rhythm 4 Regulation with Lisa Colleen*
Rhythm & groove naturally regulates our breath, rejuvenates our minds and restores a sense of calm to our souls. No experience is needed to join in the call of the drum, just an open mind and heart.
- 7:30-8:15pm** *Be Still: An Evening Breath Practice for Rest and Release with Rebecca Solitis*
This gentle, down-regulating breath practice is designed to help the body and mind soften after a day of arrival, connection, and rhythm. Following drumming, we'll intentionally slow the breath and the nervous system—releasing mental noise, easing the pressure of the to-do list, and letting the body settle into safety and rest. Through simple, guided breathing and moments of stillness, this practice invites participants to let go of effort and remember that nothing needs to be fixed or achieved. This is an opportunity to rest in presence, integrate the day, and gently prepare for deep sleep and restoration.
- 8:15pm** *Optional Fireside Hot Tea + Connection: fireside (outside of the Allison Peabody)*

SATURDAY

Breath, Clarity, Nature & Restoration

- 8:30-9:30am** *Awaken and Align: Breakfast*
- 9:30-10:30am** *AND Joy with Debbie Brannigan*
AND Joy is an invitation to explore joy not as a replacement for pain, but as something that can exist alongside it. Through story, reflection, and sensory awareness, this talk honors the reality of hard, exhausting seasons while offering permission to pause, notice moments of joy, and hold the paradox of AND - without fixing, minimizing, or forcing positivity. Joy doesn't erase what's hard; it sits beside it.
- 10:45-11:45am** *Mind-Body Yoga Flow with Jen Mocarski*
Enjoy calming and grounding poses through this gentle yoga practice.
- 12:00-1:00pm** *Guided Hike + Brown Bag Lunch on the Trails*
Mindful movement, fresh air, and connection on the trails, or by the fire (weather dependent)

Continued...



ROOTED WITHIN WELLNESS

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

FIRST ANNUAL RWW WOMEN'S RETREAT *Rooted Within Wellness: Held and Healing*

Continuing ... **SATURDAY**

Breath, Clarity, Nature & Restoration

- 1:00-4:00pm **Rest & Reflection: Journaling, napping, wandering, or quiet personal space**
- 4:00-5:00pm **Little Minds, Big Feelings: Exploring Emotions through Childhood Developmental Stages with Drew Horn**
We will be mapping out childhood developmental stages and exploring how children typically experience their emotions throughout different psychological stages. We will consider questions children commonly begin to ask throughout each stage about themselves, their families, and more. The scope starts at the toddler years and ends with notes on late adolescents/emerging adults.
- 5:30-6:30pm **Dinner Family-Style: A warm, homemade, nourishing meal in "Family Cabin", prepared by culinary coordinator Ashley Grant**
- 7:00-8:30pm **Candlelight Sound Sanctuary with Kirsten Kairos**
A soothing atmospheric soundscape within a beautiful candlelit environment for deep restoration and nervous-system unwinding.

SUNDAY

Embodiment, Renewal & Re-Entry

- 7:30-8:30am **Arriving in the Body: Breath and Yoga Integration with Rebecca Solitis and Jen MocarSKI**
This morning practice blends gentle breath activation with grounding yoga to support a clear, embodied start to the day. We'll begin with a short euphoric breathing sequence, including two brief breath holds, to awaken energy, increase presence, and bring awareness into the body. From there, the practice naturally transitions into gentle yoga and movement allowing the breath to guide sensation, alignment, and flow. The session closes with a short meditation, supporting integration, clarity, and a grounded sense of readiness for the day ahead. The breath work is intentionally brief and accessible, designed to support embodiment rather than intensity.
- 9:00-10:30am **Rise and Renew: Breakfast coupled with a grounding message for integration, joy and clarity with Lori Pine**
- 10:30-11:00am **Closing Circle: Reflections, Blessings, and Intentional Next Steps with Vicky Lynn**
- 11:00am **Good-byes & Check-Out**

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