One With Life

Join us on Thursday May 13 ~ 16, 2027

for a *Celebrate & Create Retreat!*

Returning to You Through Nature Retreat:
Discovering the Creative You

at Pinewood Lodge Campground ~190 Pinewood Rd. Plymouth, MA

Immerse yourself in a rejuvenating outdoor experience, where the gentle scent of white pine fills the air and the soft glow of a lakeside sunset invites deep relaxation. This year's *Celebrate & Create Retreat*, set once again at the welcoming Pinewood Lodge Campground in Plymouth, MA, invites you to expand your senses and discover new ways of exploring, perceiving, and expressing your creativity through the wonders of nature.

Rediscover the profound importance of honoring **Creativity** in your life, as we journey into practices that nourish your artistic spirit. The tranquil setting of the forest inspires creative exploration by providing space for reflection, connection, and artistic experimentation in harmony with the natural world.

We'll delve into *how and why* we create, using common creative endeavors like cooking, crafting, making music and more, as gateways for self-expression. One highlight is the immersive practice of Morning Altars—a nature-based art form where participants gather flower petals, stones, and other natural materials to craft beautiful, temporary mandalas on the forest floor. Morning Altars fosters mindfulness, gratitude, and a playful sense of wonder, connecting you more deeply to both your creative self and the environment.

Let the soft breeze, earthy scents, and vibrant colors awaken your senses as you embark on this creative journey, imagining yourself fully embraced by the beauty and inspiration of the retreat experience.

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www.one-with-life.net

Register today!! Housing choices are first come first serve.

Contact Kim Saunders

Kim.ksaun0602@gmail.com

Or text 508-6482564

www.pinewoodlodge.com

All-inclusive pricing will range from $670.00 to $1440.00 per person depending on accommodation type.

Retreat investment is all inclusive of:

3 nights / 4 days accommodations ~ 3 delicious dinners, 2 lunches and 3 breakfasts

~ Daily Yoga Programming ~ Workshops ~ Sound Bath ~

~ Opportunities for kayaking, hiking, massage, Reiki, Tarot & more. ~

Housing Type	Double Occupancy	Single Occupancy
Lakeview Cabin	$995.00	$1,440.00
Tiny Home	$915.00	$1,275.00
Cabin	$840.00	$1,125.00
Yurt	$720.00	$880.00
Campsite (Full HU)	$670.00	$785.00

Sample itinerary:

Thursday, May 13

3:00 pm: Check-in

4:00 pm: Yoga

6:00 pm: Welcome Orientation, Light Supper

7:00 pm: Opening Ceremony

7:30 pm: Introductions ~ Creative Expression, Nature Connection, and Ritual reflection.

Friday, May 14

8:00 am: Yoga

8:30 am: Breakfast

10:00 am: Workshop

~ Lunch & Free Time ~

4:30 pm: Workshop/Dinner

7:30 pm: Sound Bath

Saturday, May 15

8:00 am: Yoga

8:30 am: Breakfast

10:00 am: Workshop

~ Lunch & Free Time ~

3:30 pm: Workshop

6:00 pm: Dinner

7:30 pm: Let's Make Some Noise!!!

Sunday, May 16

8:30 am: Yoga

9:30 am: Breakfast

10:30 am: Closing Ceremony

> Free time: Take a hike or kayak on the lake or maybe schedule a massage, Tarot reading, reiki session, or yoga class. Even have a nap! Sign-up Thursday.

2-Night Option — Join Us Friday to Sunday!

Arrive Friday, May 14 ~ Depart Sunday, May 16

Includes:

2 nights accommodations (Friday & Saturday) ~ 2 dinners, 1 lunch and 2 breakfasts

All programming from Friday afternoon onward:

~ Friday: afternoon Workshop, Dinner & Sound Bath ~

~ Saturday: full day — Yoga, Workshops, Dinner & Let's Make Some Noise!!! ~

~ Sunday: Yoga, Breakfast & Closing Ceremony ~

2-night pricing: contact Kim for rates.

Contact: Kim Saunders **Kim.ksaun0602@gmail.com** **Or text 508-6482564**

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