

Holistic AIM Tahoe Yoga & Adventure Retreat



July 24-27, 2026 | Lake Tahoe, CA

Welcome to *Holistic AIMTahoeYoga and Adventure Retreat*! Thank you for considering saying “yes” to this soulful experience. Over three nights in a beautiful Tahoe vacation home, you’ll enjoy an authentic connection to yourself, nature, and other inspiring women.

Retreats are a powerful way to pause, recharge, and ignite your deeper desires. When we take time for ourselves, we unlock the joy and wisdom the universe continually offers.

✨ What’s Included

- 3 nights lodging in a spacious Tahoe vacation home
- Nutritious cuisine (breakfast, lunch, dinner, and treats)
- Daily yoga practices: Awakening the Senses Yoga, Sunset Yoga, Restorative Yoga
- Sound bowl meditation with inspiring and relaxing music
- Hiking on stunning local trails
- Workshop: *Nutrition for the Body, Mind, and Spirit*

- Creative inspiration Art
- Massage, essential oils, and CBD oil available for self-care
- Connection circles designed to nurture authentic friendships
- Coffee, chocolate, and nourishing snacks throughout

Why Join?

This retreat is designed to rejuvenate your body, mind, and spirit. You'll:

- Reconnect with your inner wisdom through stillness and movement
- Cultivate connection with a supportive women's community
- Learn tools for nourishing yourself with food, practices, and self-care
- Return home feeling lighter, stronger, and deeply renewed



Highlights

- Professional yoga and wellness instruction with safe, supportive guidance
 - Breathtaking Lake Tahoe views with time for hiking and outdoor adventure
 - Opportunities for massage and holistic healing practices
 - Memorable group experiences balanced with quiet time for personal reflection
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Travel and Accommodation

- Transportation to and from the retreat house is **not included**.
- We will help coordinate carpools and ride shares about one month prior.
- Shared bedroom accommodations (2-4 per room)



Tahoe Retreat Options ✨

Overnight Retreat Guest

- 3 Nights Lodging + All Meals + Yoga + Sound Bowl Meditations + Massage + Hiking + Creative Workshops
- \$975 (all-inclusive)

Day Pass: All the Retreat Magic, No Overnight Stay

Day Retreat Guest *(No lodging, meals + full programming included)*

- Friday Evening (4-10 pm): \$125
- Saturday (8 am-10 pm): \$250
- Sunday (8 am-10 pm): \$250
- Monday (8 am-12 pm): \$100
- All 4 Days (no lodging): \$700