

Chaminade Resort & Spa

UNPLUG & RECONNECT

Weekend Wellness Retreat

***Friday, April 24 -
Sunday, April 26, 2026***

This two-night weekend retreat invites you to lean into the steady heartbeat of the redwoods and soothing rhythm of the Pacific Ocean for a lasting reset.



WEEKEND ITINERARY

FRIDAY, APRIL 24 (DAY ONE)

3:30 - 4:30 pm Arrival & Check-In

5:30 pm Welcome Circle: Group gathering to introduce the retreat and set the tone for the weekend

6:15 pm Group Dinner: Hands-on experience with the culinary team, fostering collaboration and connection through cooking

SATURDAY, APRIL 25 (DAY TWO)

7:30 am - 9:00 am Morning Movement & Breakfast

9:00 am - 12:15 pm Guided Forest Therapy Walk & Nature Journaling

12:30 pm - 2:00 pm Group Lunch

2:00 pm - 5:00 pm Free Time

5:00 pm - 8:00 pm Reception & Dinner

8:00 pm - 9:30 pm Self Myofascial Release Workshop

SUNDAY, APRIL 26 (DAY THREE)

7:00 am - 9:00 am Breakfast On Own

9:00 am - 1:00 pm Beach Mandala Activity Including Boxed Lunch

1:00 pm - 4:00 pm Departure

