

Chaminade Resort & Spa

UNPLUG & RECONNECT

Weekend Wellness Retreat

*Saturday, April 25 -
Sunday, April 26, 2026*

This two-day, one-night 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

SATURDAY, APRIL 25 (DAY ONE)

11:30 am - 1:00 pm Arrival & Check-In

1:30 pm Welcome Circle: Group gathering to introduce the retreat and set the tone for the weekend

2:30 pm - 6:00 pm Guided Forest Therapy Walk & Nature Journaling Session

6:30 pm Group Dinner: Hands-on experience with the culinary team, fostering collaboration and connection

8:30 pm Self Myofascial Release Session

SUNDAY, APRIL 26 (DAY TWO)

7:30 am - 9:00 am Morning Movement + Light Breakfast Together

9:30 am - 1:00 pm Beach Mandala Activity Including Boxed Lunch: A peaceful and creative experience by the ocean, cultivating mindfulness and connection with nature.

Transportation as a group to a local Santa Cruz beach will be provided.

1:00 pm Boxed Lunch Together: A delicious, portable lunch to enjoy during the final moments of the retreat.

2:00 pm - 4:00 pm Departure from Chaminade Resort & Spa

