

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 - returning home calmer, clearer, and more fluid in body and mind.



WEEKEND ITINERARY

FRIDAY, APRIL 24 (DAY ONE)

4:30 pm Welcome Mocktails

5:30 pm Welcome Circle

6:15 pm Team Building Culinary Experience

SATURDAY, APRIL 25 (DAY TWO)

7:30 am - 9:00 am Morning Movement

9:00 am - 12:30 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

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

