

casa  mannabliss



WISDOM OF THE WATER

WOMEN'S SUMMER RETREAT

**Friday, JULY 26th to
Monday, JULY 29th**

**Weeki Wachee Springs,
FLORIDA**



Wisdom of the Water

Experience the rejuvenating power of Florida's natural springs on a transformative women's retreat designed to nourish your mind, body, and spirit.

Immerse yourself in the crystal-clear waters and lush surroundings as you embark on a journey of self-discovery, connection, and renewal.

**"I WOULD LOVE TO LIVE LIKE A RIVER FLOWS,
CARRIED BY THE SURPRISE OF ITS OWN
UNFOLDING."**

— JOHN O'DONOHUE



Meet Your Hosts



COREY ANN O'SHEA

Corey's gentle yet powerful approach to yoga invites you to embrace your unique journey, fostering a space of acceptance, growth, and inner peace. Her teachings are creative and empower you to find relief, unravel tensions, unlock vitality, and reclaim your body's innate wisdom through a fusion of yoga, mindfulness, somatic practices and holistic pain management techniques. She is deeply grateful and so thrilled to share and connect on this journey with you!



HILLARY CARLISLE

Lover of yoga on the mat and off the mat, Hillary's teaching weaves together the primordial wisdoms of body, mind and soul. In her own spiritual journey she has discovered that Movement is Medicine, Food is Medicine and Nature is Medicine. She is deeply honored and profoundly excited to share these modalities together in sisterly fellowship with you!

We believe that sisterhood is key to personal development and growth, and we strive to create retreats that inspire women to connect with each other, heal, and grow. Our retreats are designed to offer a transformative experience for women from all walks of life. We believe that everyone should have the opportunity to feel empowered, rejuvenated, and connected.

What's Included

3 NIGHTS ACCOMMODATION

Friday, Saturday, Sunday

VEGAN MEALS

Friday - Lunch + Dinner
Sat/Sunday - 3 meals
Monday - Breakfast

DAILY YOGA

2 asana practices daily - all levels gentle, vinyasa + yin
Yoga Nidra, Sound Bath, luxurious hands-on savasana

NATURE EXCURSIONS

Paddleboarding, Kayaking, Snorkeling, Swimming in the Weeki Wachee River and Springs

CONNECTION

Mindful practices to cultivate deeper connection to community of sisterhood as well as spiritual connection to our beloved Mother Earth



Day 1- Arrival & Opening Ceremony & Connection

Friday, July 26th

Afternoon:

- Welcome goddesses and introductions & get settled into rooms
- Landing Meditation
- Gentle Yoga focusing on grounding in nature & unwinding after travel
- Lunch
- Nature walk or paddle to explore nearby surroundings

Evening:

- Sunset Restorative yoga on the water
- Opening ceremony and intention setting & Cacao Ceremony
- Group meditation
- Dinner
- Bon Fire & Chill



Day 2: Nature Immersion- Wisdom of the Water

Saturday, July 27th

Morning:

- Early AM yoga and breathwork session
- Breakfast

Late Morning - Afternoon:

- Paddle springs for majority of day
- Paddleboard, kayak, swimming, snorkeling, drifting, relaxing
- Picnic lunch along the springs

Evening:

- Quiet time/time for showers, self-care/reflection
- Dinner
- Candlelight yin and yoga nidra with sound bath



Day 3: Self Exploration & Embracing Self Care

Sunday, July 28th

Morning:

- Sunrise yoga session overlooking the landscape
- Breakfast

Late Morning:

- Workshop on integrating self care through fascia release, yin poses & Ayurvedic wisdom
- Water Crafts - Gratitude Mandalas

Afternoon:

- Lunch
- Free time for rest, reflection and relaxing
- Water Ceremony and Guided Meditation

Evening:

- Dinner
- Fire circle ceremony with Cacao
- Ecstatic Dance
- Savasana wind-down with extended hands-on assist



Where You'll Stay

**WELCOME TO YOUR
SERENE RETREAT
ABODE!**

Nestled right on the water, this spacious home invites you to connect with yourself, each other, and the exquisite surrounding nature. Breathe in the fresh air as you stretch on the open deck or find refuge under the covered patio. Get ready to gather around the fire pit for evening reflections and soulful connections.

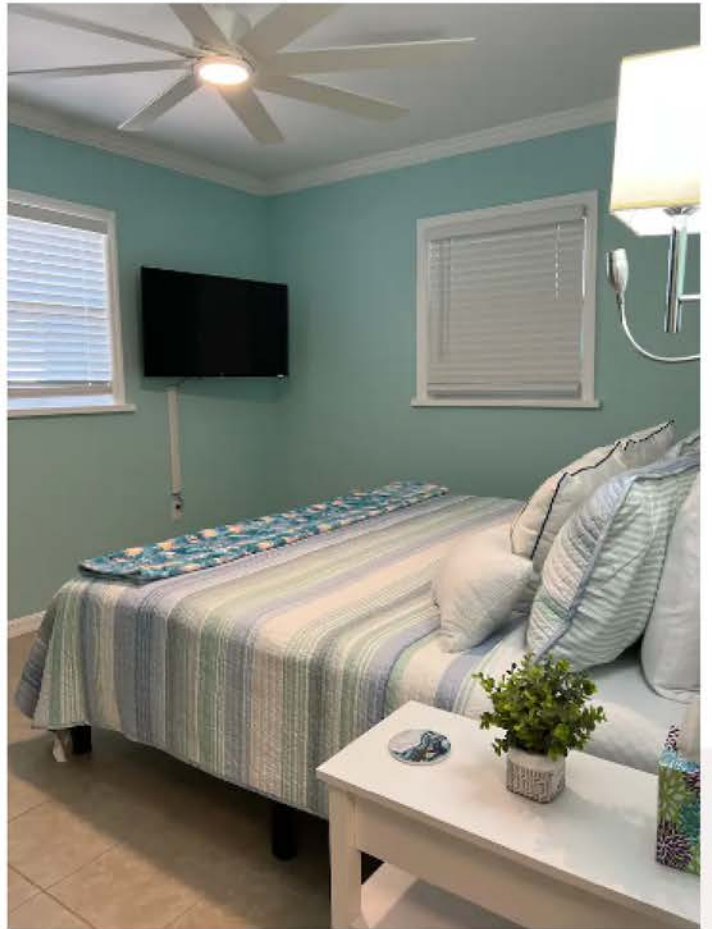
This is your haven for rejuvenation and inner exploration.



ACCOMMODATIONS

Private King Bed

OPTION TO RESERVE FOR 1 OR 2 GUESTS



EARLY PRICING

Single: \$1,888 | Shared: \$1,444/guest

REGULAR PRICING

Single: \$2,111 | Shared: \$1,777/guest

GREAT OPTION IF YOU ARE COMING WITH A FRIEND!

ACCOMMODATIONS

Private Queen Bed

FOR SINGLE GUEST



EARLY PRICING: \$1,555

REGULAR PRICING: \$1,888



ACCOMMODATIONS

Shared Dorm

BUNK ASSIGNMENT: FIRST TO RESERVE, FIRST TO CHOOSE!



EARLY PRICING: \$1,333

REGULAR PRICING: \$1,666



ACCOMMODATIONS



WALK IN SHOWER
JACUZZI TUB

SHARED BATHROOMS

THE HOME FEATURES TWO FULL BATHS

TUB WITH SHOWER



Accommodation Pricing

| Room | Early Pricing | After 6/23 | Deposit |
|---------------------------------------|---------------|------------|----------|
| Shared Dorm | \$1,333 | \$1,666 | \$666.50 |
| Private Queen | \$1,555 | \$1,888 | \$777.50 |
| Private King - Single | \$1,888 | \$2,111 | \$944.50 |
| Private King - Shared (per person) | \$1,444 | \$1,777 | \$722 |

HOW TO PAY

Deposits are **non-refundable**

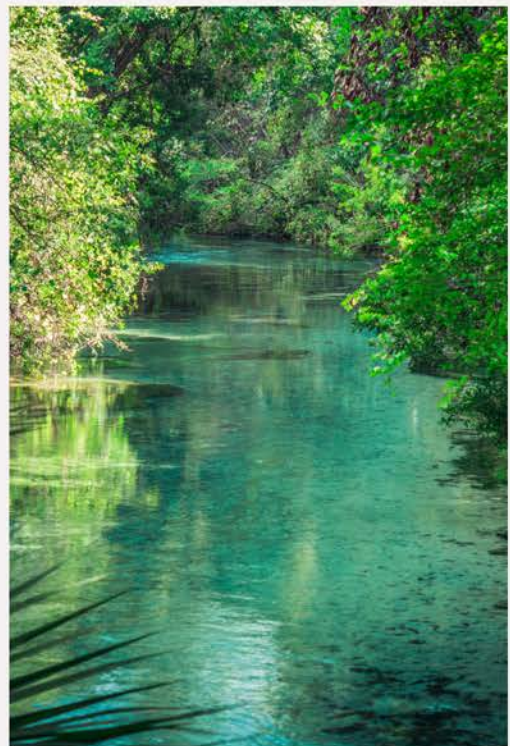
Early Pricing deposits are due by **Sunday, June 23rd**

Payment installments can be made in three transactions:

- non-refundable deposit - 50%
- second payment - 25%
- final payment - 25%

Final payments are due **before** the retreat begins on 7/26

Transactions through MindBody



For inquiries,
contact us.



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We hope to see YOU there!
xoxo, Corey & Hillary


nourish. body. mind. soul.