



Soul Tribe Retreats

FIND YOUR TRIBE. IGNITE YOUR SOUL.

IGNITE

Women's Fall Into Alignment Retreat

A 4-Day Women's Retreat in Silverthorne, Colorado

September 15th - 18th, 2025



Intention

Fall Into Alignment

Women's Transformational Retreat 🔥

Imagine crisp mountain air, golden leaves crunching beneath your boots, and an amazing group of women ready to rise into their next season of life—together.

Silverthorne, Colorado is one of the most beautiful places in the country. We're inviting you to slow down, breathe in the beauty of nature, and reconnect with the most authentic version of you. This isn't just a getaway—it's a soulful reset.

Come join a heart-led community of women who are done playing small and ready to embrace their full magic. Together, we'll release what no longer serves us, reignite our inner fire, and align with the bold, beautiful vision that's been whispering to us all along.

✨ This is your moment to:

- Let go of the weight you've been carrying
- Reignite your passion and purpose
- Remember who you are—and what you came here to do
- Build soul-deep sisterhood connections and leave with friendships that feel like family

You'll leave this weekend feeling grounded, lit up, and more YOU than ever before with some life-long friendships.





What to Expect

Each day of our retreat will follow a transformational arc:

- **Unwind:** Relax, unplug and connect to an amazing group of women.
- **Vision:** Get clear on the life your soul is ready to create.
- **Release:** Let go of what no longer serves—old patterns, limiting beliefs, outdated identities.
- **Embody:** Integrate it all and step into the version of you that is love with life again.

You'll experience a flow of deeply nourishing practices, including: gentle heart-opening yoga, guided meditations, journaling exercises, transformational SOMA Breathwork & empowering workshops designed to bring you home to your heart and your voice.

Through raw, real conversations and enriching experiences, you'll form lifelong bonds with women who **truly see you, celebrate you, and walk beside you** in your growth. This sisterhood becomes a mirror, a container, and a launchpad for your most aligned life.

You'll laugh. You'll cry. You'll reconnect to a version of you that feels free, lit up, and fully alive.

With love -

Kelly & Patty



Monday

Unwind

4:30pm - Check in at the Mountain House + Welcome Drink

5:00pm - Opening Circle

6:00pm - Welcome Dinner

7:30pm - Hot Tub at the Lake House + Watch Sunset





Tuesday

Vision

8:00am - Morning Yoga & Breathwork

9:15am - Nourishing Breakfast

10:30pm - Hike through the Aspens + Photoshoot

1:00pm - Lunch in Frisco Mountain Town* + Explore Town

2:30pm - Free Time / Hot Tub / Explore Trails / Journal / Pool

5:00pm - Workshop

6:30pm - Dinner at the House

8:00pm - Fire + Star Gaze





Wednesday

Release

8:00am - Morning Yoga & Breathwork & Lake Cold Plunge

9:15am - Nourishing Breakfast

10:00am - Workshop

11:30pm - Paddle Board Adventure on Beautiful Mountain Lake

1:30pm - Lunch at the Lake

2:00pm - Free Time

4:30pm - Explore the town of Breckenridge

6:00pm - Celebration Dinner in Breckenridge*





Thursday

Embody

8:00am - Morning Movement + Closing Circle

9:00am - Nourishing Breakfast

10:00am - Check-Out of the Mountain House

10:30am - Gentle Hike to Beautiful Viewpoint

12:30PM - Lunch along the River*

1:30PM - Drop off at Shuttle Station





“We rise by lifting others, and women are masters of this art.”



**3 nights of Luxury Accommodation in
a beautiful mountain home in
Silverthorne, Colorado**

Daily Coffee + Tea

Daily Meditation, Yoga & Breathwork

Daily Nourishing Meals (included unless marked with an asterisk* above)

Nordic Cycle - Lake Cold Plunge + Hot Tub

Daily Workshops

Hike & Fall Photoshoot - includes edited professional photos

Paddle Board Rentals

All Transport during the retreat

Access to the outdoor community pool surrounded by Aspens





Exclusions

Flight to Colorado (Denver - DIA Airport)

Transport from Airport to Silverthorne - \$50/each way on the shuttle

Spending Money

Two Lunches & One Dinner Out In-Town





Free Time Options

Network of beautiful hiking trails in our backyard

Massage sessions

Shopping in town

Swimming or relaxing at the Lake House or Hot Tub

Relaxing at the community pool surround by the Aspens

Private coaching session with Patty or Kelly



Private King Room



Shared Bunk Room



Details/Pricing

3 nights, 4 days in Silverthorne, Colorado

Private King or Queen Room:

Pay in Full: \$1950

Payment Plan: 4 Monthly Payments of \$536

King Room Bed Shared (Friend/Family):

Pay in Full: \$1495/per person

Payment Plan: 4 Monthly Payments of \$411

Shared Bunk Room:

Pay in Full: \$1395

Payment Plan: 4 Monthly Payments of \$384

[BOOK YOUR CALL TODAY](#)



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IGNITE Women's Transformation Retreat

A 4 day, 3 night retreat in Silverthorne, Colorado



Have a question? Join our
Soul Tribe Retreats
Facebook Group and
send us a message!

